



Durham Center for Senior Life



Our Mission is to enrich the lives of Durham seniors 55+ by promoting healthy, active and independent lifestyles.



2026-2027

Resource Directory

Durham Center for Senior Life (DCSL)

This Senior Resource Guide is provided free of charge as part of DCSL's mission to advance the well-being of adults 55+ living in and around Durham County. Read more about DCSL and our programs & services on page 13, including:

**Adult Day Health
Transportation
Senior Centers
Health Promotion
Disease Prevention
Volunteering**

**Information & Referrals
Options Counseling
Congregate Nutrition
DCSL EATS
Family Caregiver Support
Educational Opportunities**

To receive information about the above programs or to request additional information, feel free to contact us at:

406 Rigsbee Avenue, Suite 202

Durham, NC 27701

Email: info@dcslnc.org

Website: www.dcsln.org

Phone: 919-688-8247

Fax: 919-683-3406

Resources included in this Senior Resource Guide does not imply endorsement by Durham Center for Senior Life and exclusion does not indicate disapproval. DCSL neither guarantees nor makes any representations as to the accuracy or completeness of the information contained in its resource guide. DCSL disclaims any and all responsibility and liability that may be asserted or claimed resulting from or arising out of reliance upon the information presented in the Resource Guide. DCSL reserves the right to edit information to meet format, guideline, and space requirements.

The information in the following pages is subject to change. If you find any outdated or missing information, please contact DCSL using one of the contact methods above.

The Durham Center for Senior Life's (DCSL) annual Resource Directory is comprised of various agencies, organizations, and social service programs throughout Durham County. These resources are updated annually by our DCSL Resource Directory Committee and have been deemed credible and useful to assist individuals to utilize support services available in the Durham community. DCSL's goal is to create an easy-to-use directory that serves as a central gateway through which older adults, 55 and older can access community resources, and providers can use to refer clients to appropriate agencies.

You will find the Resource Directory is divided into sections. The range of topics include:

- Section 1: Healthy Living
- Section 2: Community Resources
- Section 3: Financial/Legal Resources
- Section 4: Housing Options
- Section 5: Planning Ahead

On pages 5 through 8, you will find the table of contents that includes various resources in which the sections are made-up of.

DCSL is aware the listed resources provided are not the only options available to you in Durham County but serves as a guide. In our best efforts to improve the directory and include information that can best assist you during your search, we welcome the opportunity to include other organizations.

If you are interested, please submit a request on the DCSL website at <https://dcsln.org/contact/> or please feel free to call 919-688-8247 ext. 103.

Please note that these resources do not represent a recommendation by DCSL. Each user is advised to thoroughly screen any organization, company, provider, or agency before usage.

DCSL Mission, Vision, & Core Values

Mission: To enrich the lives of older adults 55+ by promoting **healthy**, **active**, and **independent** lifestyles.

Vision: We are driven by a vision of a community where every older adult can thrive, regardless of their background or identity.

These are the following building blocks for achieving the DCSL mission:

- + Physical, emotional, and spiritual well-being
- + Connection to essential community resources
- + Authentic socialization and engagement
- + Cultural enrichment and ongoing learning

Core Values

The Durham Center for Senior Life will adhere to the below values:

Leadership	<i>We listen to and learn from our participants and the Durham community. We address service gaps and aim to become the leading resource for older adult services.</i>
Equity	<i>We advocate for the voices of those who are vulnerable, historically disenfranchised, and underrepresented in order to achieve a more equitable and just society.</i>
Inclusiveness	<i>We practice and champion inclusiveness in our community. We welcome and respect diverse strengths, needs, voices, and backgrounds, and we work every day to ensure that all members feel a sense of belonging in our community.</i>
Responsibility	<i>We have a responsibility to promote community engagement and active lifestyles for older adults.</i>
Service	<i>We provide a welcoming and nurturing experience for all of our members that embodies a spirit of service, humility, and continuous improvement to better the lives of older adults living in Durham</i>
Community	<i>We engage with the Durham community and collaborate with other organizations, initiatives, individuals, to expand our reach, improve our outcomes, and elevate Durham's status as a great place for adults to grow older.</i>
Accountability	<i>We serve as stewards for our community investments and honor the charitable intentions of our donors to meet current and future community needs. We hold ourselves to the highest standards of ethics, integrity, service, and fiduciary responsibility.</i>

Inclusion Statement:

*Our organization is recognized by the County of Durham as the designated agency to provide services and support to all seniors of Durham County, and we believe in being inclusive and welcoming across age, race and ethnicity, class, sexual orientation, gender, and ability. This is central to our new mission, and the demographics of our participants reflect this. We envision a center where **ALL** older adults can live vibrantly, always feel welcomed and included.*

Welcome Message & Introductions

I welcome you to the 2026-2027 edition of The Durham Center for Senior Life's Resource Directory. We are honored to serve the aging community of Durham County in NC. Our Resource Directory puts important information at your fingertips that will assist you on your journey to secure the type and quality of care you or your loved ones require and deserve. It also includes many listings for today's active seniors.

Our annual directory and its articles are intended as an overview of resources to support our seniors in the Durham County community.

Whether you are an active older adult looking to expand your educational, mental, physical, and social growth, a senior requiring special service, or a caregiver needing guidance and assistance, you will find something to help you in this Directory.

"Caring for seniors is perhaps the greatest responsibility we have. Those who have walked before us have given so much and made possible the life we all enjoy." – Senator John Hoeven

Sincerely,

DCSL Executive Director



Seanyea Rains Lewis, Executive Director

The Durham Center for Senior Life provides daily assistance for information and referrals to local, state, and national resources for older adults and caregivers. Below you will find the Support Services staff who can assist you with in-person and over-the-phone connections to these resources.



Niya Carrington
Support Services Director
919-688-8247 ext. 103
ncarrington@dcsInc.org



Z-Quana Powell-Jones
Support Services Specialist
919-688-8247 ext. 141
zpowelljones@dcsInc.org



John Williams
Outreach & Support Services Coordinator
919-688-8247 ext. 120
jwilliams@dcsInc.org



Table of Contents

Introduction to the DCSL Resource Directory.....	1
DCSL Mission, Vision, and Values.....	3
Welcome Message & Introductions	4
Frequently Called Numbers.....	9
DCSL Programs and Services.....	12
Volunteering at DCSL.....	15
DCSL Locations.....	16

Section 1: Healthy Living

This section includes healthcare resources that may be useful for maintaining a healthy lifestyle.
Note that healthcare-related support groups are listed in Section 2 (Community Resources), and healthcare-related legal & financial resources are listed in Section 3 (Financial/Legal Resources)

Disability and Accessibility Resources.....	17
<i>General Disability and Accessibility Programs.....</i>	17
<i>Hearing Assistance.....</i>	18
<i>Vision Assistance.....</i>	19
Health Care Resources	20
<i>Health Centers.....</i>	20
<i>Hospitals.....</i>	22
<i>Urgent Cares.....</i>	23
<i>Specialty Care Centers.....</i>	23
Medicare and Insurance	27
<i>Insurance Counseling and Assistance.....</i>	27
<i>Health Insurance</i>	28
Providers, Supplies, or Medication	30
<i>Locating a Physician.....</i>	30
<i>Locating a Nurse</i>	31
<i>Locating a Mental Health Care Provider</i>	32
<i>Medical Equipment & Supplies.....</i>	33
<i>Prescription Drug Assistance</i>	34
<i>Rehabilitation Services.....</i>	35

Section 2: Community Resources

This section includes a variety of Community Resources that may be useful to you. *Note that this section contains healthcare-related support groups, but most are listed in Section 1 (Healthy living)*

Community Assistance Agencies.....	37
<i>Adult Day Health and Caregiver Services</i>	37
<i>Cancer</i>	38
<i>Caregiver Resources and Support</i>	39
<i>Dementia and Alzheimer’s Disease</i>	40
<i>Food</i>	41
<i>HIV/AIDS Services</i>	45
<i>Kidney Disease</i>	46
<i>Used Furniture and Clothes</i>	47
<i>Utilities</i>	48
Education and Recreation.....	49
<i>Arts and Cultural Activities</i>	49
<i>Games and Exercise</i>	51
<i>Education</i>	52
Professional Services.....	52
<i>Crisis Lines</i>	52
<i>Elder Service Locators</i>	53
<i>Geriatric Care Management</i>	54
<i>In-Home Care Services</i>	55
<i>Home-Delivered Meals</i>	60
<i>Home-Delivered Medications</i>	60
<i>Senior Advisors</i>	61
Support Groups.....	62
<i>Caregiver Support Groups</i>	62
<i>Community Support Groups</i>	62
<i>Duke Medicine Support Groups</i>	63
<i>Grief Support Groups</i>	64
Technology Services	65
Transportation	65
<i>Bus/Train Travel</i>	65
<i>Driver Safety Course</i>	66
<i>Handicap Placards</i>	66
<i>Private Ambulance Services and Wheelchair Vans</i>	67
<i>Transportation Choices for Persons 65 Years or Older</i>	67
Veterans’ Benefits	69
Volunteering in the Community.....	70

Section 3: Financial/Legal Resources

This section includes information about financial and legal resources that may be useful to you.

Note that this section contains healthcare- and housing-related legal and financial resources, but most healthcare-related resources are listed in Section 1 (Healthy Living) and housing resources are in Section 4 (Housing Options).

Advocacy Services	72
Consumer Issues and Complaints	73
<i>Denied Benefits or Services</i>	73
<i>Filing a Complaint about an Attorney</i>	74
<i>Filing a Complaint about General Services</i>	74
<i>Filing a Complaint about a Nursing Home & Adult Care Home</i>	75
<i>Filing a Complaint about a Physician</i>	76
<i>Filing a Complaint about Patient Care (Duke)</i>	76
Crime and Fraud.....	77
<i>Reporting a Crime</i>	77
<i>Homeowner/Tenant Rights</i>	78
<i>Landlord Complaints</i>	79
<i>Unsafe/ Substandard Housing/ Code Violations</i>	79
Employment	80
<i>General Job Search Information</i>	80
<i>Employment Assistance</i>	81
<i>Part-Time Employment</i>	81
Elder Abuse, Neglect, Exploitation & Domestic Violence.....	81
Financial Counseling.....	83
Financial and Legal Preparations	84
<i>Advanced Directives & Other Services</i>	84
<i>Elder Law and Estates Attorneys</i>	85
<i>Retirement</i>	85
<i>Reverse Mortgages</i>	86
<i>Selecting an Attorney</i>	86
Social Security, Supplemental Security Income (SSI), and Retirement Benefits .	87
Taxes.....	88
<i>General Tax Information and Assistance</i>	88
<i>Property Tax Relief for Elderly & Disabled</i>	88
Senior Discounts.....	89
<i>Retail</i>	89
<i>Grocery</i>	91
<i>Restaurants</i>	92
<i>Leisure Activities</i>	93
<i>Transportation</i>	94

Section 4: Housing Options

This section includes information about housing resources that may be useful to you. *Note that housing-related legal and financial resources are listed in Section 3 (Financial/Legal Resources).*

Independent Living Support Services	95
<i>Emergency Response Systems</i>	95
<i>Home Repairs/Modifications</i>	96
<i>Independent Living Supports and Special Equipment for the Home</i>	97
Long Term Care	97
<i>Assisted Living Communities</i>	98
<i>Continuing Care Retirement Communities</i>	100
<i>Family Care Homes</i>	100
<i>Housing for Seniors</i>	101
<i>Long-Term Acute Care Hospitals</i>	103
<i>Nursing Homes</i>	104
<i>Retirement & Independent Living Communities</i>	106
Relocation & Transition Services	107
Rental Assistance & Temporary Housing.....	108

Section 5: Planning Ahead

This section includes information about planning ahead, from emergency and disaster preparation to End of Life planning. *Note that legal and financial resources related to planning ahead can be found in Section 3 (Financial/Legal Resources) above.*

Emergency Preparedness.....	112
<i>Disaster Preparedness Contacts</i>	112
<i>Disaster Recovery</i>	113
End of Life Planning	114
<i>End of Life Planning</i>	114
<i>Hospice Services</i>	114
<i>Funeral Arrangements</i>	115

Frequently Called Numbers

Emergency Numbers – *Call 911 First!*

Durham Police	911
Poison Control Center	800-222-1222
Durham Crisis Response Center	919-403-6562
Hope Line (24-Hour Crisis Line; call or text)	919-231-4525
Alliance Health Behavioral Health Crisis Line	877-223-4617
Durham County Emergency Medical Services	919-560-4261

To Report a Missing Person

NC Center for Missing Persons Hotline (for creating Silver Alert or Amber Alert)	800-522-5437
---	--------------

To Report a Power Outage

Duke Energy Progress	800-419-6356
Piedmont Electric Membership Corporation	800-449-2667

To Report a Gas Leak - *Call 911 First!*

Duke Energy Progress	800-634-4300
Duke Energy Gas Line Repair	888-314-6979
PSNC/Dominion Energy	877-776-2427

To Report Abuse of a Child or an Adult

Durham County Social Services (DSS):	919-560-8000
Adult Protective Services (APS)	919-560-8588
APS After Hours, Holidays & Weekends	984-243-1280
Child Protective Services (CPS)	919-560-8424

Para Servicios en Español

Poison Control Center	800-222-1222
Durham Crisis Response Center en Español	919-519-3735
National Suicide Prevention Hotline en Español	888-628-9454
Durham Police Department en Español	919-560-4925

Non-Emergency Numbers

Durham County EMS (Business)	919-560-8285
Durham County Sheriff Department	919-560-0897
Durham Police Department	919-560-4600
Durham City Fire Dept. (Administration)	919-560-4242
Durham County Fire Marshall	919-560-0660
Durham City ONE-CALL (City Services)	919-560-1200
Durham County Animal Control	919-560-0630

Duke Medical Numbers

Duke Regional Hospital: <i>General Information</i>	919-470-4000
Duke Medical Center: <i>Clinic Information</i>	919-684-8111
Duke Medical Center: <i>Patient Information</i>	919-684-2410
Duke Health: <i>Referral Center</i>	888-275-3853
Duke University Hospital: <i>Emergency Department</i>	919-684-2413
Duke Health COVID-19 Vaccine Hotline	919-385-0429

Other Important Numbers

Durham County Department of Public Health	919-560-7600
Durham Co. Dept. of Public Health Vaccination Clinic	919-560-9217
Durham Social Services Crisis Services	919-560-8000
Durham County Guardianship	919-560-8588
Eldercare Locator	800-677-1116
Durham Area Transit Authority	919-560-1535
DATA Access Paratransit	919-560-1551 x 303
Go Triangle Transit Information Center	919-485-7433
Social Security Administration	800-772-1213
Federal Trade Commission: Identity Theft	877-438-4338
Information Services and Technology	919-560-7003
Dispute Settlement Center	919-929-8800
Carolina Disability Advocates Law Firm	919-286-9983
NC GOV. Vaccination Hotline	888-675-4567
Federal Emergency Management Agency (FEMA)	800-621-3362
COVID-19 Funeral Cost Assistance (FEMA)	844-684-6333
Durham Co. Emergency Financial Assistance	919-560-8000
Durham Co. Dept. of Environmental Health	919-560-7800
Free at-home COVID-19 Tests	800-232-0233

Local, State, & National Resources

Crisis (Distress) Center: <i>Hope for NC Helpline</i>	1-855-587-3463
National Suicide Prevention Hotline	1-800-273-8255
National Domestic Violence Hotline	1-800-799-7233
National Sexual Assault Hotline	1-800-656-4673
Rape/Sexual Assault Center	1-800-656-4673
Teen Line: <i>The Trevor Project (LGBTQ+ Youth)</i>	1-866-488-7386
Child Abuse Hotline: <i>National Child Abuse Health</i>	1-800-422-4453
Childcare Referrals	1-800-859-0829
Family Support of NC	1-800-852-0042
Mental Health Outreach Clinic: <i>Carolina Outreach</i>	919-251-9009
Mental Health Services: <i>NC Victims Services</i>	919-733-7974
STD Info & Testing Sites: <i>NC DHHS STD & HIV LAB</i>	919-733-3418
Legal Aid of NC	1-800-660-6663
National Alliance on Mental Illness (NAMI)	1-800-950-6264
NC Dept. of Health & Human Services Hotline	1-888-892-9162

Food

Meals on Wheels	919-667-9424
Food Bank of CENC: Food Finder	919-956-2513
Inter-Faith Food Shuttle	919-250-0043
World Overcomer's Church	919-402-9622
More in My Basket	855-240-1451
More in My Basket Español	888-382-7105
Salvation Army Free Food Friday	919-688-7306
DCSL 55+ Food Pantry	919-688-8247

Helplines

Durham County COVID-19 Surveillance	919-560-1210
Suicide & Crisis Lifeline	988
Center for Disease Control (CDC)	800-232-4636
Hope4Healers Helpline	919-226-2002
Stronghearts Native Helpline	844-762-8483
Emotional Support Help Line (Optum)	866-342-6892

DCSL Programs and Services

Adult Day Health Programs: This program is designed to provide adults with structured activities, care, and supervision throughout the day. Participants, many of whom are experiencing difficulties associated with dementia, stroke, isolation and confusion, enjoy a safe and comfortable environment while enjoying stimulating activities designed to meet their physical, social, emotional, and mental needs. Activities include crafts, discussion groups, and light exercise for functionally impaired individuals. Registered Nurses are available as needed.

With an additional charge, this program also offers:

- Onsite hair salon called “The CozartXperience Salon at DCSL”

To learn more please visit www.dcsln.org/adult-day-health or call 919-682-0215.

Congregate Meal Program: The Congregate Meal Program is intended to promote social, emotional, and physical well-being in older adults aged 60 years and older. Adults under age 60 with a disability are encouraged to apply with proof of disability. The congregate meal program serves Durham County residents. DCSL provides nutritious hot meals 5 days a week at two satellite senior centers in Durham (see Locations on page 16).

DCSL EATS: DCSL EATS, Easing Access to Food for Seniors, serves residents of Durham County aged 55 and older who are without reliable access to a sufficient amount of affordable, nutritious food. Participants are connected with resources specific to their needs, including referrals to congregate meal sites, assistance enrolling in a meal delivery service, and food pantry referrals. Eligibility may vary for each program.

Family Caregiver Support Program: This program is designed to provide family caregivers with help making caregiving decisions and solving problems related to caregiving. Eligible caregivers are spouses, children, relatives or friends of persons over 55 years and older who have limitations to their activities of daily living and/or significant memory loss. Offerings under this program include:

- Information & Assistance
- Options Counseling
- Powerful Tools for Caregivers evidence based 6-week training
- Respite Care

Health Promotion/Disease Prevention: These evidenced-based programs focus on keeping people active and engaged with their health. These programs aim to empower individuals and communities to choose healthy behaviors and make changes that reduce the risk of developing chronic diseases and other morbidities. Programs consist of exercise classes, lifestyle change programs, and chronic disease self-management programs where participants learn to set and achieve realistic goals to better their daily well-being.

Legal Services: No cost elder law support is offered to seniors several times a year. Dates are listed in the DCSL newsletter. Referrals can be made to the Legal Aid of NC for seniors aged 60 and older. Participants apply and qualify for the legal aid program.

Options Counseling: This program provides guidance to individuals as they make informed choices about long-term services and supports. This service helps people think through the pros and cons of the various options while taking into consideration their situation, values, resources, and preferences. The Options Counselor can also assist with making an action plan for the individual to implement to reach their target goal(s).

Senior Centers: Our senior centers provide exercise and nutrition classes, special events, and educational workshops. Our downtown DCSL location and Little River Satellite site offers exercise classes that are well attended. Some of our classes include aerobics, belly dancing, line dancing, weightlifting and yoga. We also provide specialized classes including Arthritis Foundation Exercise Program, Bingocize, Matter of Balance, Walk with Ease, Tai Chi for Arthritis/Balance/Falls Prevention, and a walking club. A fitness center is provided for individuals that want to work out on their own. Our weekly art offerings include quilting group, crochet club, and water color painting. Movies are shown daily. Most classes are on-going Monday through Friday. Our daily activity calendar is available on our website at www.dcsln.org.

Support Services: Staff help empower seniors to solve complex problems. All assistance is confidential. Services are accessed by phone, in-person, and via e-mail. All requests are recorded and follow up is provided when needed. The agency received many contacts for services related to health issues, food insecurity, housing, utilities, insurance, Medicaid/Medicare application completion, and other areas. These services are designed to reduce barriers to access, increase the knowledge of the senior and assist with implementation of services. This department also helps administer annual programs such as the Senior Farmers Market Nutrition Program (SFMNP) and Operation Fan Heat Relief (OFHR) to clients.

Telephone Reassurance: This program is designed to help homebound elderly and/or disabled individuals to remain independent in their own homes for as long as possible by providing reassuring telephone calls, social support, and safety checks. Trained volunteers make brief and consistent reassurance calls Monday-Friday.

Transportation: DCSL Provides transportation to participants for the congregate meal program at our DCSL at Little River satellite site only. Assistance and referrals to local transportation options is also provided.

Notary Services: Free notary services are available onsite for individuals 55+ who live in Durham County. To learn more or to schedule an appointment, please call 919-688-8247 ext. 103.

PEAS (Providing Elders with Additional Sustenance): This program provides food assistance to high-risk, frail, or functionally impaired older adults age 60 and older through frozen meals. Services are distributed via on-site pick-up, early pickup during closures, and limited home delivery for eligible participants. To learn more or apply, call 919-688-8247 ext. 141.

Choosing Home: Housing & Home Improvement: The Choosing Home program provides financial assistance to help eligible Durham County residents age 60 and older address urgent housing repair, modifications, security enhancements, rental/utility assistance and complete essential home improvements. This is funded by State Fiscal Recovery Funds (SFRF), the program supports vulnerable seniors in maintain a safe, home-based living arrangement and avoid premature transitions to long-term care facilities. Assistance is limited and available only while funds last. To learn more or apply, call 919-688-8247 ext. 141.

External Onsite Organization Rotation: Offsite organizations provide assistance onsite at DCSL during the year. Below is a list of some of the services offered:
Durham County Veteran Services on the 1st & 3rd Mondays and Wednesdays
More in My Basket (MIMB) assist onsite and by referral for SNAP assistance
Eagle Counseling, Consultation & Research Clinic offer “Talk Tuesdays” sessions
NCCU Wills Clinic/Elder Law Project offered once a month
Durham Social Services Crisis Services, LIEAP program, and Adult Placement

The above service offerings are subject to change. Call 919-688-8247 ext. 103 to confirm availability.

Volunteering at DCSL

DCSL offers a variety of short and long-term volunteer opportunities. With numerous opportunities available for individuals and groups, you are sure to find a volunteer option that suits your needs and schedule. Below are ongoing volunteer opportunities.

Class Instructor: Lead weekly exercise or arts and crafts classes or begin a new class! Current exercise classes include yoga, total body workout, Tai' Chi, belly dancing, line dancing, aerobics, and other activities. Current arts and crafts classes include watercolor painting, crocheting, ceramics, jewelry making, and quilting.

Time Commitment: Weekly, Ongoing, and evening opportunities

Lunch & Learn Instructor: Teach an instructional seminar on health/wellness related issues concerning older adults. *Time Commitment: One-Time, Monthly*

Office Assistant: Help with mass mailing, data entry, and filing.

Time Commitment: As Needed/Ongoing

Special Events Committee Member: Help with the planning and facilitation of special events. *Time Commitment: As Needed/Ongoing*

Greeter: Serve as the first point of contact for visitors and members, give facility tours, and orient new members to fitness center, help with publicity and other day-to-day operations.

Time Commitment: Ongoing

Telephone Reassurance: Make phone calls to homebound seniors that live alone.

Time Commitment: Ongoing

Pantry Organizer: Maintain the organization of the DCSL 55+ Food pantry, incontinence supplies, personal care items, and much more. *Time Commitment: ongoing*

Adult Day Health: Assist with the Adult Day Health program by working with seniors during the day to help them remain in their homes with family members.

Time Commitment: Ongoing

If you are interested in the above opportunities or want to learn about other opportunities to volunteer, please fill out a "Volunteer Application". Submit the application to the Volunteer Coordinator for review and complete a short volunteer orientation to discuss your interest.

For more information, contact 919-688-8247 ext. 124 or email info@dcslnc.org.

Locations

The DCSL Satellite Sites are indicated with a ()*



Downtown Main Senior Center: 919-688-8247
406 Rigsbee Avenue, Ste. 202, Durham, NC 27701
Hours of Operation: 8:30am – 7:30pm, Monday – Thursday
8:30am – 5:00pm, Friday

Extended hours are Tuesdays/Thursdays from 5:00pm – 7:30pm, subject to change.



Adult Day Health Center: 919-682-0215
406 Rigsbee Avenue, Ste. 102 Durham, NC 27701
Hours of Operation: 8:30am - 5:00pm, Monday - Friday



***JFK Towers** 919-477-9813 (Coming March 2026)
4900 N. Roxboro Street Durham, NC 27704
Hours of Operation: 8:30am – 1:30pm, Monday - Friday

Congregate Meal Sites

Downtown Main Senior Center: 919-688-8247

Hours: 11:30pm-12:30pm, Monday - Friday

(Adult Day Health Center offers Congregate for their registered attendees only)

JFK Towers: 919-477-9813

Hours: 11:30pm-12:30pm, Monday - Friday

***About the Congregate Meal Program:**

Participants must meet eligibility requirements listed below. Call the phone number for your chosen location to find out more information.

- ✓ Aged 60 or older
- ✓ Completed registration application on file

Section 1: Healthy Living

Disability and Accessibility Resources

The resources below are intended to support the independence of individuals living with disabilities.

General Disability and Accessibility Resources & Programs

Disability Information

<https://www.ncdhhs.gov/assistance/disability-services>

Helps people who have disabilities with locating resources for employment, care and technology to continue living independently.

Disability Rights NC: 919-856-2195, 877-235-4210 (TTY: 888-268-5535)

www.disabilityrightsncc.org

3724 National Drive, Suite 100, Raleigh, NC 27612

8:00am-5:00pm, Monday- Friday

Designated for protection and advocacy agency for those with disabilities in NC.

NC Assistive Technology Program: 919-859-8360

www.ncdhhs.gov/divisions/vocational-rehabilitation-services/north-carolina-assistive-technology-program

Raleigh Regional Center

4900 Waters Edge Drive Raleigh, NC 27606

Assistive technology services for people of all ages and abilities (statewide), providing assessments, equipment demos, short-term device loans, training and referrals to funding sources.

NC RAMMP: Access Makes Mobile People 919-855-3500

<https://www.ncdhhs.gov/ncatp-centers>

Loans portable ramps to people with mobility difficulties. The short-term ramp loans can help you overcome temporary obstacles to mobility while we work with you to plan long-term accessibility solutions. Step 1 – request a ramp, Step 2 – demo a ramp, and Step 3 – Fund a ramp.

NC Division of Vocational Rehabilitation: 984-243-4350, 1-888-666-4916

dvr.dhhs.state.nc.us

4312 Western Park Place, Durham, NC 27705

8:00am – 5:00pm, Monday – Friday

Job placement, guidance, counseling, and post-employment support for the disabled.

NC Independent Living Rehabilitation Program: 919-775-4283

<https://www.ncdhhs.gov/nc-independent-living-program-flyerpdf/open>

This program can help you achieve a more independent life by connecting you to training, resources, services and activities in the community that you choose.

The ARC of the Triangle: 919-942-5119

www.arctriangle.org

1709 Legion Road, Suite 100, Chapel Hill, NC 27517

9:00am – 5:00pm, Monday – Friday

Supports children and adults with intellectual and/or developmental disabilities and Autism in the achievement of their personal goals and dreams in our community through partnership and advocacy.

NC Client Assistance Program: 919-855-3600 or 800-215-7227

<https://cap.state.nc.us> email: NCCAP@dhhs.nc.gov

8:00am – 5:00pm, Monday – Friday

Federally funded program designed to assist people with disabilities in understanding and using rehabilitation services.

Hearing Assistance

AT&T Accessible Communication: 866-241-6568 (TTY: 866-241-6567)

about.att.com/sites/accessibility

7:00am-7:00pm, Monday-Friday

Communication products and devices for use by persons with hearing and vision impairments.

AT&T Disability and Aging Center: 800-772-3140

6:00am-6:00pm Monday-Friday; 8:00am-5:00pm, Saturday

Service center that assist customers and the older adult population with their questions for products and access to special equipment at low or no cost.

Hearing Loss Association of America: 301-657-2248 (TTY: 301-657-2248)

www.hearingloss.org

Assistance and resources for people with hearing loss and their families, to learn how to adjust to living with hearing loss through information, education, support, and advocacy.

Relay NC: 800-735-0341 (TTY: 800-735-0533)

www.relaync.com

Contact: Bola Desalu at 919-324-3792 (Videophone/Video); 919-238-4137 (TTY); or

Email: Bola.desalu@t-mobile.com

4819 Emperor Boulevard, Suite 205, Durham, NC 27703

This free service allows individuals who are deaf, hard of hearing or deaf-blind to place calls to standard telephone users with various equipment or assistive devices and a relay operator.

CapTel NC: 919-238-4136

<https://captelnc.com>

4819 Emperor Blvd. Suite 205, Durham, NC 27703

Phone service located in Durham that allows those with hearing loss to hear someone in read captions while on the phone.

Vision Assistance

NC Division of Services for the Blind: 919-527-6700, 866-222-1546

www.ncdhhs.gov/divisions/dsb

309 Ashe Avenue Raleigh, NC 27699

Services for those who are blind or vision impaired to help reach their goals of independence and employment.

SLNC Accessible Books & Library Services: 984-236-1100

statelibrary.ncdcr.gov/lbph email: ncfbph@ncdcr.gov

1841 Capital Boulevard, Raleigh, NC 27635

8:00am-5:00pm, Monday-Friday

Books and magazines especially made for persons who cannot use regular printed material because of a visual or physical disability.

Oasis Program (Durham County Library): 919-560-0152 or 919-560-0153

durhamcountylibrary.org/services/oasis

Library services for older adults and homebound individuals.

North Carolina Reading Service: 919-832-5138

www.ncreadingservice.org/ncrs-contact/ Email: info@ncreadingservice.org

211 E. Six Forks Road, Suite 103, Raleigh, NC 27609

Operates 24/7: radio, television, and cable that disseminates current news, information and entertainment from print media for those who are blind or low vision.

Health Care Resources

The resources listed below are intended to support healthy living for all individuals in Durham County. The specialists listed below are for general health centers.

Health Centers

Duke Geriatrics North Durham: 919-620-4070

www.dukehealth.org/locations/duke-geriatrics-north-durham

4220 N. Roxboro Street, 1st floor, Durham, NC 27704

8:00am-5:00pm, Monday- Friday

Duke Neurological Disorders Clinics-Clinic 1L: 919-668-7600

www.dukehealth.org/locations/duke-neurological-disorders-clinic-clinic-1l

40 Duke Medicine Circle Clinic, 1L, Durham, NC 27710

8:00am-5:00pm, Monday- Friday

Clinical services provided by neurologists specializing in movement and memory disorders like Alzheimer's, Parkinson's, and Huntington's disease.

Duke Regional Hospital: Emergency Room 919-470-5345

www.dukehealth.org/locations/duke-regional

3643 N. Roxboro Street, Durham, NC 27704

24hrs. everyday

Provides urgent care, wound care, etc.

Duke University Medical Outpatient Clinic: 919-471-8344

www.dukehealth.org/locations/duke_outpatient_clinic

4220 N. Roxboro Street, 2nd Floor, Durham, NC 27704

8:00am-5:00pm, Monday- Friday

Provides primary care for residents of Durham and surrounding counties.

Bryan Alzheimer's Disease Research Center: 919-668-0820

P.O Box 3503 DUMC Durham, NC 27705

9:00am-5:00pm Monday – Friday

Lincoln Community Health Center: 919-956-4000

www.lincolnchc.org

1301 Fayetteville Street, Durham, NC 27707

8:00am-8:00pm, Monday- Thursday; 8:00am-5:00pm, Friday; 9:00am-8:00pm, 4th & 5th Thursdays, 8:00am -12:00pm on Saturdays

Outpatient primary care facility that offers a wide range of health services.

Lincoln Health Center/Early Intervention Clinic: 919-560-7726

https://lincolnhc.org/?page_id=7990

414 E. Main Street, Durham, NC 27701

8:00am-5:00pm, Monday- Friday

Offers primary care and HIV specialty clinical services and is located at the Durham County Department of Public Health.

Lincoln Health Center/ Healthcare for the Homeless Clinic: 919-808-5640

https://lincolnhc.org/?page_id=7998

412 Liberty Street, Durham, NC 27701

Provides primary care to homeless individuals. Services offered: management of chronic health conditions, urgent care, and access to medications, transportation, lab work, routine gynecologic care, etc.

Lincoln Health Center/Holton Clinic: 919-530-8210

https://lincolnhc.org/?page_id=8007

401 N. Driver Street, Durham, NC 27703

8:15am-8:30pm, Monday, Thursday-Friday; 8:15am - 4:30pm Tuesday & Wednesday

Provides regular check-ups, easy access to affordable care for chronic illnesses, and preventive care.

Oak Street Health Durham Primary Care Clinic: 910-325-2584

www.oakstreethealth.com

1000 N. Miami Blvd., Suite 121, Durham, NC 27703

8:00am-5:00pm, Monday- Friday

Provides personalized and compassionate care for adults on Medicare.

VA Outpatient Clinic: 919-383-6107, 919-286-0411

<https://www.durham.va.gov/locations/HillandaleRoad.asp>

1824 Hillandale Road, Durham, NC 27705

8:00am-4:30pm, Monday- Friday

Provides outpatient diagnostic and treatment, medical and surgical procedures, chiropractic care, mental health, bereavement, and substance abuse counseling.

Additional Location:

919-286-0411

Open 24 hours

3114 Croasdaile Drive Durham, NC 27705

Samaritan Health Center: 919-407-8154 or 919-407-8223

www.samaritanhealthcenter.org

East Durham Clinic: 507 E. Knox Street, Durham, NC 27701

South Durham Clinic: 3205 University Drive, Suite 107, Durham, NC 27707

Offers primary care such as check-ups, test eyesight, STD checkups, and provide connection to other local programs. For people with low-income below 300% FPL.

Hospitals

Duke Regional Hospital: 919-470-4000

www.dukehealth.org

3643 N. Roxboro Road, Durham, NC 27704

Open 24 hours, everyday

Duke University Hospital: 919-684-8111

www.dukehealth.org/

2301 Erwin Road, Durham, NC 27710

Open 24 hours, everyday

Durham VA Health Care System: 919-286-0411

www.va.gov

508 Fulton Street, Durham, NC 27705

Open 24 hours, everyday

Serves North Carolina Veterans, their families and caregivers.

UNC Hospital: 984-974-100

www.uncmedicalcenter.org

101 Manning Drive, Chapel Hill, NC 27514

Open 24 hours, everyday

UNC Hospitals Hillsborough Campus: 984-215-2000

www.uncmedicalcenter.org

430 Waterstone Drive, Hillsborough, NC 27278

Open 24 hours, everyday

Urgent Care

UNC Urgent Care: 984-974-7010

www.unchealth.org/care-services/locations/unc-urgent-care-carolina-pointe-ii

6013 Farrington Rd, Suite 101, Chapel Hill, NC 27517

8:00am-8:00pm, everyday

New Hope Urgent Care: 919-412-8431

www.newhopeurgentcarenc.com

3610 N. Roxboro Street Durham, NC 27704

8:00am-8:00pm, everyday

Duke Urgent Care Croasdaile: 919-383-4355

www.Dukehealth.org

1821 Hillandale Road, Suite 24A, Durham, NC 27705

8:00am-8:00pm, everyday

FastMed Urgent Care: 919-313-3900

www.fastmed.com

7010 NC-751, Durham, NC 27707

8:00am-8:00pm Monday – Friday; Saturday & Sunday 8:00am – 4:00pm

DispatchHealth Urgent Care to your Home: 919-897-8785

www.dispatchhealth.com

8:00am – 10:00pm, everyday

Serves Durham and surrounding areas

Specialty Care Centers

Ear Care:

NC Eye, Ear, Nose & Throat: 919-595-2000

www.nceent.com

4102 North Roxboro St., Durham, NC 27704

8:00am-5:00pm, Monday- Friday

Offers ophthalmology, Lasik, cataract, retina, optical, hearing aids, testing speech pathology and aesthesia.

Additional Locations:

5726 Fayetteville Road, Suite 102, Durham, NC 27713

8:00am-5:00pm, Monday- Friday

919-287-3443

1838 Martin Luther King Jr. Blvd, Chapel Hill, NC 27514
8:00am-5:00pm, Monday- Friday
919-942-7278

Hearing Health Care Services: 984-217-2735

www.hearinghealthcarenc.com

1515 NC-54, Suite 100, Durham, NC 27707

8:30am – 4:45pm Monday – Thursday; 8:30am – 4:00pm on Fridays

Miracle-Ear Hearing Aid Center: 919-867-0019

www.miracle-ear.com

3405-B Hillsborough Road Durham, NC 27705

8:00am – 4:00pm Monday – Friday

Specialize in hearing loss, hearing aid repairs and maintenance and Tinnitus.

Duke Speech Pathology and Audiology Clinic – Clinic 11: 919-684-3859

40 Duke Medicine Circle, Durham, NC 27710

8:00am – 5:00pm Monday – Friday

Provides speech, language, hearing, cognitive, and communication services.

Eye Care:

Duke Eye Center: 919-681-3937

www.dukehealth.org/treatments/eye-care

2351 Erwin Road, Durham, NC 27705

8:00am-5:00pm, Monday- Friday

Offers corneal disease treatments, eye stroke care, glaucoma, laser eye surgery, macular degeneration, oculoplastic, pediatric ophthalmology and retinal detachments.

Eyecarecenter: 919-493-3668

www.eyecarecenter.com

14 Consultant Place, Durham, NC 27707

8:00am-5:00pm Monday – Friday

Offers exams, glaucoma and dry eye treatment, contact lens, and ocular emergencies.

Upchurch Optical: 919-477-9113

www.upchurchoptical.com/ Email: upchurchoptical@gmail.com

5108 N. Roxboro Road, Durham, NC 27704

9:00am-6:00pm, Monday- Friday

Licensed optician provides eye exams and carries an array of eyeglasses and contacts.

Optix Eyecare Center: 919-384-0784

www.optixeye.com

2812 Erwin Road, Suite 201, Durham, NC 27705

8:30am – 5:00pm Monday – Thursday, 8:30am – 4:00pm on Fridays

A full service eye and vision care provider and will take both eye emergencies as well as scheduled appointments.

Durham Vision: 919-683-2020

www.visionsource-durhamvision.com

2900 Croasdaile Drive, Suite 6, Durham, NC 27705

8:00am – 5:00pm Monday – Thursday, 8:30am – 2:00pm on Fridays

The leading provider of optometry services and vision care products in Durham, NC.

Dental Care:

Lincoln Community Health Center: 919-956-4034

www.lincolnchc.org

1301 Fayetteville Street, Durham, NC 27707

8:00am-5:00pm, Monday- Friday

Walk-ins are available Monday-Friday first-come-first-serve basis with limited slots. Providing accessible, affordable, high quality urgent care, basic oral surgery, restorative and limited endodontics.

UNC Adams School of Dentistry: 919-537-3737 (General Information)

Urgent Care: 919-537-3855; Dentures: 919-537-3997

www.dentistry.unc.edu

385 South Columbia Street, Chapel Hill, NC 27599

8:00am-5:00pm, Monday-Friday

Offers general & preventive care, dental implants, gum disease treatment, oral medicine, oral pathology/surgery/radiology, prosthodontics, and much more.

UNC SHAC Dental Clinic: 984-999-1654

Ground floor Tarrson Hall, 101 Manning Drive, Chapel Hill, NC 27599

www.med.unc.edu/shac/programs/dental-clinic/

Email: Shac_dentalclinic@dentistry.unc.edu

6:00pm-9:00pm, Service is free on select Wednesdays

Patients are seen by lottery system. Only once condition per visit. Free screenings, diagnosis, cleanings, filling and extractions.

Triangle Mobile Dentistry: 919-799-2770

104 North Elliott Road B, Chapel Hill 27514

8:00am-5:00pm, Monday- Thursday (portable dental office)

Serves Durham, Chapel Hill and surrounding areas. In-home care and private pay only. Provides emergency evaluation, cleaning, extraction and repair of broken or ill-fitting partials or dentures.

Night & Day Dental: 984-439-1685

www.nightanddaydental.com

3500 North Duke Street, Durham, NC 27704

8:00am-10:00pm, Monday- Friday; 9:00am-3:00pm, Saturday

Offers a multitude of oral hygiene. Accepts most insurances, including Medicaid. In-house dental plan for uninsured/underinsured patients.

Local Start Dental: 919-980-9885

www.localstartdental.org

370 Jackson Street Durham, NC 27701

9:00am-5:00pm Monday – Thursday

Affordable dental care for underserved patients

Next Step Dental: 984-329-7358

www.affordabledentistdurham.com

708 South Duke Street Durham, NC 27701

10:15am – 5:00pm Monday – Thursday

Durham County Dept. of Public Health Dental Clinic: 919-560-7680

www.dcopublichealth.org/services/dental-clinic-3674

Human Services Building 414 E. Main Street, Second Floor, Durham, NC 27701

8:00am – 4:30pm Monday – Thursday; 8:00am – 12:00pm Fridays

Foot Care:

The Traveling Pedicurist: 919-621-7027

www.thetravelingpedicurist.com/

9:00am-4:00pm, everyday

Providing mobile, affordable, and high quality foot care. The traveling pedicurist offers foot care services to the triad state of NC.

I Care. Foot Care. : 678-361-7464

<https://icarefootcare.com/> Email: jlorn2002@yahoo.com

110 Tressel Way, Durham, NC 27707

Certified foot care nurse provides on-site advanced foot and toenail care services to minimize the chance of injury and infection.

Fit Feet Program

www.orangecountync.gov

\$15 per visit for orange county residents; \$30 per visit for non-residents

Passmore Center – 919-245-2015 | 9:00am-3:00pm, 2nd & 4th Wednesday

103 Meadowlands Drive Hillsborough, NC 27278

Seymour Center – 919-968-2070 | 9:00am-3:00pm, 1st & 3rd Wednesday

2551 Homestead Road Chapel Hill, NC 27516

This Program is conducted by specially trained registered nurses can help keep your feet in better condition with a foot health assessment, nail trimming service, and education that can be conducted virtually and in-person. Both locations are currently by appointment only for adult's age 55+. All NEW clients must have their primary care provider complete a *Physician consent form (PDF)* and bring the referral with them to the first appointment. Clients will not be seen without their doctor's referral.

Cleancut Toenail Care: 919-885-4513

www.cleancuttoenailcare.com

8:00am-5:00pm Monday-Friday

Serving Durham and surrounding areas to transform senior toenail care, offering convenient, professional, and compassionate services in the comfort of their homes.

Medicare and Insurance

Resources listed below are intended to support individuals' decisions about Medicare and Insurance.

Insurance Counseling and Assistance

Medicare & Medical Insurance Claim Service: 800-633-4227; TTY 877-486-2048

www.medicare.gov

Live chat is available 24/7, except some federal holidays to assist with filing and tracking claims for all parts A,B,D and explain what medical equipment will be covered by Medicare.

Social Security Office: 800-772-1213 (TTY: 800-325-0778)

www.ssa.gov

8:00am-7:00pm Monday-Friday

Helps to apply for Medicare part A and B or just part A only.
Durham Office: 3511 Shannon Road, Ste 200, Durham, NC 27707
9:00am-4:00pm Monday – Friday

North Carolina Department of Insurance: 855-408-1212

Seniors' Health Insurance Information Program (SHIIP)

<https://www.ncdoi.gov/consumers/medicare-and-seniors-health-insurance-information-program-shiip> Email: ncshiip@ncdoi.gov

325 N. Salisbury Street, Raleigh, NC 27603

8:00am-5:00pm, Monday-Friday

Assists people with Medicare, Medicare Part D, Medicare supplements, Medicare Advantage, and long-term care insurance questions

Senior PharmAssist: 919-688-4772

www.seniorpharmassist.org Email: info@seniorpharmassist.org

406 Rigsbee Avenue, Suite 201, Durham, NC 27701

8:30am-5:00pm, Monday- Friday

Provides help to manage and appropriately use necessary medications, pay for prescriptions, choose Medicare-approved drug plans, and access other community resources. This nonprofit participates with the SHIIP program.

Duke Divison of Community Health Benefits Enrollment Center: 919-681-7356

<https://fmch.duke.edu/patient-care-community-health/benefits-enrollment-center#Enrollment>

Helps people who have Medicare and low-income to find other programs that can help them such as SNAP, Medicaid, Medicare Savings program, and much more.

Health Insurance

Blue Cross/Blue Shield of North Carolina: 919-403-8247

www.bluecrossnc.com

1965 Ivy Creek Blvd., Durham, NC 27707

8:00am-5:00pm, Monday- Friday

Offers Blue Medicare plans and long-term care insurance.

Senior Health Insurance Brokers, LLC: 919-241-7742

www.medicareplans.life

110 Corcoran Street, Suite 500, Durham, NC 27701

9:00am-5:00pm, Monday- Friday

Dental insurance, health insurance, Medicare enrollment assistance, etc.

Humana: 919-651-4742

www.humana.com

106 City Hall Plaza, Durham, NC 27701

10:00am-8:00pm, everyday

Business health plan assistance, customized policies, dental insurance, etc.

Cigna Health Insurance: 919-371-5798

www.cigna.com

410 Liberty Street, Durham, NC 27701

This service provides a wide range of insurance plans that focus on your well-being.

Healthcare Solutions Team: 877-731-0173

www.myhstrs.com

2530 Meridian Parkway, Suite 2, Durham, NC 27713

9:00am-9:00pm, Monday- Thursday; 9:00am-5:00pm, Friday & Saturday

Dental insurance, health insurance, individual health plan assistance, etc.

Landmark Modern Healthcare: 833-355-6036

www.landmarkhealth.org

2645 Meridian Parkway, Suite 323, Durham 27713

Open 24 hours, everyday

A mobile Medical Group that have contracted with Blue Cross/Blue Shield and Humana to serve complex care Medicare Advantage members. All services are provided at no cost to qualified members.

Local Access to Coordinated Healthcare (LATCH): 919-613-6509

<https://phmo.dukehealth.org/initiatives/local-access-coordinated-healthcare-latch>

Program ran by Duke Health's Population Health Management office that helps underinsured people in Durham County get access to healthcare services.

United Health Care: 855-781-3767 (TTY: 711)

www.uhc.com

Provides assistance with healthcare coverage plan enrollment for Medicare, short-term medical, Medicaid, dental, etc.

Providers, Supplies, or Medications

Resources below are intended to help individuals find the providers, equipment, and medications they need to support their health.

Locating a Physician

Duke Regional Hospital Physician Locator Service: 919-680-1721

www.dukehealth.org/find-doctors-physicians/

3643 N. Roxboro Road, Durham, NC 27704

8:00am-6:00pm, Monday-Friday

This service helps in locating a physician through Duke Regional Hospital with ease. This service has different filters provided to narrow down the options of physicians so that you end up with one physician that can best help you.

Duke Regional Hospital-Psychiatry: 919-470-6137, 919-246-5882

www.dukehealth.org/treatments/psychiatry

3643 N. Roxboro Street, Durham, NC 27704

8:00am-6:00pm, Monday- Friday

The department specializes in providing comprehensive treatment to patients admitted with a primary psychiatry diagnosis as well as co-morbid conditions.

Durham-Orange County Medical Society: 919-833-3836 ext. 117, 800-722-1350

www.docmedsoc.org Email: docms@ncmedsoc.org

222 N. Person Street, Raleigh, NC 27601

Onsite research by appointment only, Monday, Tuesday & Thursday

A medical society that provides many different services. These services include advocacy, membership management, marketing, meeting management, and financial management. This society provides these services to their patients, within their professional community, and the medical profession as a whole.

EmergeOrtho Durham 984-279-3659

www.triangleortho.com/

120 William Penn Plaza, Durham, NC 27704

8:00am-5:00pm, Monday-Friday; Urgent care 9:00am-9:00pm, everyday

A physician directed medical practice, caring for patients with musculoskeletal pain problems. Our main office, located in Durham, has nearly 20 healthcare providers ready to give your needs the highest priority with respect, compassion and dignity.

Carolina Vein Institute: 984-363-4180

www.myveindr.com

100 Europa Drive, Suite 180, Chapel Hill, NC 27517

8:30am-4:30pm, Monday- Friday

Offers sclerotherapy, venous ulcer, endovenous laser ablation, varicose veins.

Carolina Vein Center: 919-405-4200

www.carolinaveincenter.com

5309 Highgate Drive, Durham, NC 27713

7:45am-5:15pm, Monday- Friday

Services offered: foam sclerotherapy, endovenous laser ablation, conservative treatments, and ambulatory phlebectomy.

Wake Radiology: 919-782-7666, 919-232-4700

www.wakerad.com

3811 Merton Drive, Raleigh, NC 27609

7:00am-5:00pm, Monday-Friday; 7:00am-7:00pm, 1st&3rd Thursday; 8:00am-12:00pm, 2nd Saturday of the Month

Services offered: CT studies, breast imaging, fluoroscopy, MRI studies, nuclear studies, x-rays, and screenings.

Additional Numbers, Hours & Locations: 919-232-4700

110 S. Estes Drive, Chapel Hill, NC 27514

7:30am-5:00pm, Monday- Friday; 8:00am-1:00pm, Saturday

Locating a Nurse

Everybody Needs a Nurse: 919-942-5912

www.everybodyneedsanurse.com Email: yournurse@everybodyneedsanurse.com

81110 Alexander, Chapel Hill, NC 27517

Offers the advice and guidance of a registered nurse to help seniors and their families navigate the health care system and specializes in complex medical situations, medication reconciliation, home visits, and doctor's appointments.

Arosa Care: 919-309-4333

<https://arosacare.com/> Email: triangle@arosacare.com

617 Morehead Avenue, Durham, NC 27707

Open 24 hours, everyday

Provides care management and caregiving services.

Locating a Mental Health Care Provider

Duke Dementia and Family Support: 919-620-4070

<https://dukefamilysupport.org>

Box 3600 DUMC, Durham, NC 27710

Duke dementia and family support offers evaluation and counseling of seniors and provides counseling for caregivers who are under stress and are having trouble managing the lives of their loved ones. Covers almost all counties in NC. Hours vary based on the services provided.

Alliance Behavioral Health Care: 919-651-8401, 800-510-913 *Alliance Access and Information Center (call 24/7 if you have any questions)*

www.alliancehealthplan.org/

5200 Paramount Parkway, Suite 200, Morrisville, NC 27560

8:30am-5:15pm, Monday- Friday

Values recovery, self-determination, resiliency, person-centered planning, and consumer and family-driven services.

MindPath Care Centers Durham: 919-354-0850

www.mindpathcare.com/

4220 Apex Hwy, Suite 200, Durham, NC 27713

8:00am-5:00pm, Monday- Friday

Treating Mental Health Disorders, Substance Abuse, Anxiety, Trauma, Cognitive, Depression, Relationships/Divorce, Eating Disorders, and more.

Additional Numbers, Hours & Locations: 919-403-2122

3604 Shannon Road, Suite 200, Durham, NC 27707

9:00am-5:00pm, Monday- Friday

919-354-0830

5475 Lumley Road, Suite 103, Durham, NC 27703

8:00am-5:00pm, Monday- Friday

CAARE, INC.: 919-683-5300

www.caare-inc.org Email: info@caare-inc.org

214 Broadway Street, Durham, NC 27701

9:00am-5:00pm, Monday- Friday

Services offered: substance abuse care, transitional housing, support groups, health and wellness, case management, etc.

Potter Counseling & Consulting: 984-204-1351

www.pottercounseling.com Email: info@pottercounseling.com

1921 North Pointe Drive, Durham, NC 27705

Provides therapy for individuals, children, couples and families. Also provides reduce fee services through supervised clinical work for students in Master's level counseling programs. Call to learn more.

Silver Linings: General Inquiries 919-948-7718, Referrals 919-741-5993

www.silverliningsnc.com Email: info@silverliningsnc.com

Teletherapy www.sleletherapy.com

1250 Southeast Maynard Road, Suite 204, Cary, NC 27511

Offers telehealth offerings, presentations at senior centers, much more. Accepts Medicare.

Eagle Counseling, Consultation, and Research Clinic: 919-530-7666

www.nccucounseling.com Email: eaglecounselingclinic@ncu.edu

H.M. Michaux Jr. School of Education Building 700 Cecil St. Durham, NC 27707

Monday – Thursday 9:00am – 7:00pm, *may be modified during summer months*

Mental health counseling to individuals, who are 13+ and older, as well as couples, and families. Offer in-person and telehealth services.

Medical Equipment & Supplies

Gurley's Medical Supply: 919-237-3608

www.gurleysmedicalsupply.com

1720 Guess Road, #80, Durham, NC 27701

9:00am-6:00pm, Monday-Friday; 10:00am-6:00pm Saturdays

Services offered: practical, social, emotional, psychological, and financial support to individuals and their families. Serves Durham County and other surrounding counties.

Medical Supply Superstore: 919-220-0740

www.medicalsupplync.com

3300 Guess Road, Durham, NC 27705

9:00am-6:00pm, Monday-Friday; 10:00am-5:00pm, Saturday; 12:00pm-5:00pm, Sunday

A trusted local source for medical equipment and supplies in Durham for 25+ years.

Health Equipment Loan Program (H.E.L.P): 919-748-1022

<https://projectaccessdurham.org/projects/health-equipment-loan-program/help@projectaccessdurham.org>

4206 N. Roxboro St., Suite 100, Durham, NC 27704

10:00am-2:00pm, Tuesdays; 1:00pm-5:00pm, Fridays

Borrow durable medical equipment free to Durham county residents. Gently used donations also accepted. Please bring a piece of mail or ID to confirm Durham residency.

Prescription Drug Assistance

Durham County Department of Social Services: 919-560-8000

414 E. Main Street, Durham, NC 27701

8:30AM-5:00pm, Monday-Friday

Medicine Assistance Tool: 571-350-8643

medicineassistancetool.org/

Assists qualifying patients without prescription drug coverage.

NeedyMeds: *ONLINE ONLY*, 800-503-6897

www.needy meds.org

Services offered online: Patient Assistance Program Administration, Diagnosis Assistance Program, safe needle disposal, etc.

RxAssist: 401-729-3284

www.rxassist.org Email: info@rxassist.org

Teaches seniors how to use pharmaceutical company programs to reduce medication costs.

RxOutreach: 800-769-388

www.rxresource.org

Provides ways for seniors to receive their medication at an affordable price. Programs offered: Serving Those Who Serve Others (Pharmacy Benefits), Healthy Reentry (Prison Bridge Medications), and Health and Wellness Outreach (Health Education).

Senior PharmAssist: 919-688-4772

www.seniorpharmassist.org Email: info@seniorpharmassist.org

406 Rigsbee Avenue, Suite 201, Durham, NC 27701

8:30am-5:00pm, Monday & Wednesday-Friday; 8:30am-8:00pm Tuesdays

Helps Durham County seniors remain healthy and independent by providing practical

help to manage and appropriately use necessary medications, pay for prescriptions, choose Medicare-approved drug plans, and access other community resources. This nonprofit participates with NC Seniors' Health Insurance Information Program (SHIIP).

Together Rx Access: 1-800-444-4106

www.togetherrxaccess.com

9:00am-5:00pm, Monday- Friday

Assists uninsured seniors gain access to savings on prescription products at their pharmacies.

GeriatRx – Senior Care Consulting: 404-484-5092

www.geriatrx.org Email: geriatrxinc@gmail.com

6409 Fayetteville Street Durham, NC 27713 Suite 120-218

Monday – Friday 8:00am – 6:00pm, Saturdays 8:00am – 4:00pm

Pharmacy assistance for seniors, including prescribed medication and advising on medication usage.

Rehabilitation Services

Whole Life OT, PLLC: 919-205-9878

www.wholelifeotnc.com Email: wholelifeot@gmail.com

4813 Butler St, Durham, NC 27707

Accepts Medicare Part B insurance and out-of-network commercial insurance

Provides occupational therapy services focused on hospital to home transitions, community reintegration, management of chronic conditions, and mental health/wellness. Telehealth: available to anyone in NC. Mobile/ in-home care: available in Durham, Chapel Hill and some of the surrounding areas. Availability hours vary by appointment.

Animal-Assisted Therapy of the Triangle, PC: 919-243-1505 ext. 120

www.animalassistedtherapyofthetriangle.com

34 Oleander Drive, Clayton, NC 27527

8:00am-5:00pm, Monday- Friday

Mental Health service that provides service in Johnson County, NC, and some surrounding counties.

ElderFit Physical Therapy: 919-614-1923

www.elderfitpt.com

2002 Bartlett Circle, Hillsborough, NC 27278

9:00am-5:00pm

Provides high quality outpatient rehabilitative and wellness to seniors. By appointment at the Durham Center for Senior Life: 919-622-1673

Additional Numbers & Locations: 919-622-1673

406 Rigsbee Ave, Suite 202, Durham, NC

Only by appointment

919-614-1923

103 Meadowland Drive, Hillsborough, NC 27278

Only by appointment

Peak Resources/Treyburn: 919-477-4474

www.treyburnrehabilitation.com/

2059 Torredge Road, Durham, NC 27712

Open 24 hours, everyday

Accepts Medicare and Medicaid. Serving Durham county residents. Services offered: respite care, hospice care, dementia care, assisted living, nursing program, medication management, pain management, IV therapy, wound care, etc.

Pettigrew Rehabilitation Center: 919-286-0751

www.pettigrewrehab.com

1515 W. Pettigrew Street, Durham, NC 27705

Open 24 hours, everyday

Services offered: physician, infusion therapy, telemedicine, wound care, in-patient/out-patient rehabilitation, nutritional, respiratory, pastoral, and pharmaceutical services.

Stronger Pathways: 919-890-3030

www.strongerpathways.com Email: daria@strongerpathways.com

Monday – Thursday 8:30am – 4:00pm, Friday 8:30am – 2:00pm

This service specializes in neuro-cognitive, speech and swallowing rehab. Services offered are cognitive therapy, dementia care, aphasia therapy, caregiver support, and swallowing and dysphagia therapy.

Section 2: Community Resources

Community Assistance Agencies Information

This section includes information about assistance programs for those needing information and support for Alzheimer's disease and related disorders, cancer resources and support, HIV/AIDS services, food, medicine, rent, utilities, and temporary shelter.

Adult Day Health and Caregiver Services

Alzheimer's Association Eastern NC Chapter: 919-803-8285, 800-272-3900 (24/7 Helpline)

www.alz.org Email: encinfo@alz.org

5171 Glenwood, Suite 101, Raleigh, NC 27612

9:00am-4:00pm, Monday- Friday

Offers programs for people living with Alzheimer's, for caregivers, programs about Alzheimer's disease, treatments, etc.

Charles House Eldercare Center: 919-967-7570

www.charleshouse.org Email: info@charleshouse.org

7511 Sunrise Road, Chapel Hill, NC 27514

7:30am-5:30pm, Monday- Friday

The Center provides quality personalized care to elders and respite for their caregiving families.

Dementia Alliance of NC: 800-228-8738, 919-832-3732

www.dementianc.org

9131 Anson Way, Suite 206, Raleigh, NC 27615

9:00am-5:00pm, Monday- Friday

Provides education, support and services to patients, their families, and health care professional while raising awareness and funding for research.

DCSL Adult Day Health: 919-688-8247 ext. 129

www.dcsln.org/adult-day-health/

8:30am-5:00pm, Monday- Friday (*Hours may vary depending on staff availability*)

406 Rigsbee Avenue, Suite 101, Durham, NC 27701

A therapeutic service where the participants are often having trouble associated with dementia, stroke, isolation, and confusion. Participants enjoy safe and comfortable surroundings and are provided with stimulating activities designed to meet the physical, social, emotional, and mental needs of adults.

The Florence Gray Soltys Adult Day Health Program: 919-245-2017

soltysadulthood.org/

105 Meadowland Drive, Hillsborough, NC 27278

7:30am-5:30pm, Monday- Friday

Provides an environment that is safe and caring, to address the social, physical, and emotional needs of the participants.

Golden Horizons Adult Day Care Program: 919-286-4489

www.goldenhorizonsadultdaycare.com

1106 Hillandale Rd, Suite 3, Durham, NC 27705

7:30am-5:30pm, Monday- Friday

Provides activities that promote well-being, nutritious meals, and socialization.

Senior CommUnity of North Carolina PACE: 919-425-3040

www.seniorcommunitycarenc.org Email: ncenrollment@voa.org

5400 South Miami Boulevard, Suite 150, Durham, NC 27703

8:00am-5:00pm, Monday- Friday

The program provides health care services for seniors living at home who need help with daily activities.

Cancer

American Cancer Society Road to Recovery: 800-227-2345

www.cancer.org

Provides rides by volunteers to patients who have no way to get to their cancer treatment.

Cancer Care: 800-813-4673

www.cancercare.org Email: info@cancercare.org

Provides supports services including counseling, education, financial assistance, and practical help.

Patient Advocate Foundation: 800-532-5274

www.patientadvocate.org

8:30am-5:00pm, Monday- Friday (online/ by phone)

The patient advocacy foundation provides education, legal counseling, referrals, specializing in managed care, insurance, financial issues, job discrimination, and debt crisis.

Mesothelioma Cancer Support Group: 800-692-8608

<https://mesothelioma.net/mesothelioma-facts/>

24hrs, everyday (live chat)

Provides cancer support and information on mesothelioma.

Caregiver Resources and Support

Assistedliving.org: 855-221-9611

www.assistedliving.org

PO Box 45629, Seattle WA 98145

Enhancing the lives of older adults by compiling comprehensive research, the latest studies, and real-world insight from experts, caregivers, and seniors into easy guides and resources.

North Carolina Lifespan Respite: 828-265-5434, 866-219-3643 Ext. 139

www.highcountryaging.org/services/lifespan-respite-project

Email: lifespan@hccog.org

An application-based program that reimburses eligible family caregivers caring for individuals of any age for up to \$500 in respite care services in a calendar year. Funding is limited. Applications accepted when funds are available. Must be referred.

Caregiver Navigator Phone Line: 844-728-0191

Email: DHHS.caregiver@dhhs.nc.gov

Helpline for family caregivers in North Carolina caring for those with Alzheimer's or dementia.

DCSL Family Caregiver Support Program: 919-688-8247 ext. 103

www.dcsln.org Email: openbook@parentcare101.com

406 Rigsbee Avenue, Suite 202, Durham, NC 27701

12:30pm-1:30pm, Every 2nd Thursday of the Month

Offers support to family members who care for senior relatives over the age of 60 at home. Offers direct assistance, community services, assistance in accessing services, support groups, caregiver training, individual counseling, and respite care.

Parentcare 101: 919-265-4297

www.parentcare101.com/ Email: OpenBook@Parentcare101.com

4711 Hope Valley Road, Suite 128, Durham, NC 27707

Supportive website created by experienced caregiver, speaker, and information guide, LaVerne Coan; promoting a healthy balance of caring and thriving, with links to core triangle and on-line resources, caregiving books, and a Balanced Eldercare blog.

Trialta Care Network: 800-214-5085

www.trialta.com Email: info@trialta.com

Online personalized, skills-based training platform for family members caring for aging loved ones living at home. This platform allows you to move at your own pace and provides various tips. If you are interested, please call 919-688-8247 ext. 104 due to DCSL receiving limited seating to provide this resource free to those who are eligible.

Dementia and Alzheimer's disease

Alzheimer's Association Eastern North Carolina Chapter: 919-803-8285; 1-800-272-3900 (24-hr Helpline)

www.alz.org

5171 Glenwood Drive, Raleigh, NC 27612

The world's leading voluntary health organization in Alzheimer's care, support, and research.

Dementia Alliance of North Carolina: 919-832-3732, 800-228-8738

<https://dementianc.org> Email: Info@DementiaNC.org

9131 Anson Way, Suite 206, Raleigh, NC 27615

9:00am-5:00pm, Monday- Friday

Provides resources for people living with dementia and their caregivers. Offers support groups, caregiver assistance fund, education programs, etc.

Duke Dementia Family Support Program: 919-660-7510, 800-646-2028

www.dukefamilysupport.org

3600 DUMC (Duke South Clinics), 3rd Floor, Durham, NC 27710

8:30am-5:00pm, Monday- Friday

Provides help with Alzheimer's, memory disorders and elder care decisions. The program serves families and professionals concerned about or caring for persons with memory disorders in North Carolina.

Good Shepherd Lutheran Church: 919-848-1573

gslchurch.org/ Email: memorycafe@gslchurch.org

7000 Creedmoor Road, Raleigh, NC 27613

4:30pm-6:00pm, Memory Café 2nd Monday of the Month

Individuals experiencing dementia and their caregivers who wish to socialize with others in similar circumstances while enjoying an evening out are invited to participate.

The Helping Department at Jewish for Good: 919-354-4936, *Jordana Brown:* 919-354-4924 Email: jbrown@jewishforgood.org

1937 W. Cornwallis Road, Durham 27705

Memory Café occurs twice a month, Thursday's, please call to RSVP.

For individuals who are experiencing memory problems to get out of the house and engage in a fun, and mentally stimulating activity. Friends and family of these individuals are also welcome to attend and can drop in without an appointment to talk to an experienced volunteer or professional member of the JFS counseling team. They also have Early Alzheimer's Group Meeting.

Food

The table below lists organizations that provide food to individuals in the community. If the organization provides food directly or meals, the information is in the appropriate column. Please contact Durham Center for Senior Life if you need assistance connecting with any of the listed resources.

Organization	Pantry Information	Meal Information
Antioch Baptist Church: 919-688-8893 (Yates Baptist Association Food Pantry) www.yatesba.org/ 1415 Holloway Street, Durham, NC 27703 Must call ahead for appointment. Limit 1x every 3 months.	Thursdays: 10:00am – 12:00pm	
Bell Yeager Free Will Baptist Church 919-489-3963 128 E. Cornwallis Road, Durham, NC 27707	Wednesdays: 10:00am - 12:00pm	
CAARE: 919-683-5300 www.caare-inc.org 214 Broadway Street, Durham, NC 27701 No call ahead needed. Limit 2x every 1 month.	Thursdays: 10:30am-1:30pm	
Calvary Baptist Church: 919-596-2592 www.calvarybaptistdurham.org 1204 Lynn Road, Durham, NC 27703 Call at 9:00am Thursday to get on the list (first 10 families served). Must be a Durham resident and ID required. Limit 1x every 1 month.	3 rd Thursdays: Call at 9:00am to reserve your spot.	

Christian Assembly Emergency Food Pantry: 919-471-0220 www.cadurham.org/ 5516 N. Roxboro Road, Durham, NC 27712 No longer requires photo ID or scheduling. Limit 1x every 3 month.	2 nd & 4 th Thursdays: 4:00pm - 6:00pm	
Durham County Department of Social Services NO CHILDREN: 919-560-8600 WITH CHILDREN: 919-560-8301 or 919-560-8000 www.dconc.gov/government/departments-f-z/social-services/aging-and-adult-services/crisis-services 414 E Main Street, Durham, NC 27701 Must call for appointment. Food card.	NO CHILDREN: Monday – Friday: 7:45am - 4:45pm WITH CHILDREN: Monday – Friday 7:30am - 5:30pm	
Durham Center for Senior Life 919-688-8247 www.dcsln.org Email: info@dcsln.org 406 Rigsbee Avenue, Suite 202, Durham, NC 27701 Must call for appointment. 60 years or older.	Monday – Friday: 8:30am – 5:00pm	
First Calvary Baptist Church 919-489-4184 or 919-489-6576 firstcalvary.org 1311 Morehead Avenue, Durham, NC 27707 Requires photo ID. Limit 1x every 1 year.	Tuesdays & Thursdays: 10:00am - 12:00pm	
Fisher Memorial United Holy Church 919-682-7416 420 E. Piedmont Avenue, Durham, NC 27707 First 70 clients (at least).	Wednesdays: 12:00pm-1:00pm	
Greater Emmanuel Temple of Grace 919-957-1783 getgraceonline.org/ Email foodpantry@getgraceonline.org for intake. 2722 E. Main Street, Durham, NC 27703	By appointment only.	

Greystone Baptist Church/Second Mile Ministries: 919-286-3596 www.greystonechurch.com 2601 Hillsborough Road, Durham, NC 27705 First 35 clients. Must bring ID. Help with overdue bills, must bring a copy for proof.	Wednesdays: 7:30am – 11:00am	
Immanuel Temple Seventh Day Adventist: 919-957-0032 www.immanueltemplechurch.com 2102 S. Alston Avenue, Durham, NC 27707 Limit 1x every 1 month.	<i>Senior Food Bags:</i> 1st Thursdays <i>Food Pantry:</i> 1st & 3rd Wednesdays: 10:00am – 1:00pm (2nd & 4th Wednesdays in October & November)	
Meals on Wheels: 919-667-9424 www.mowdurham.org 2522 Ross Road, Durham, NC 27703 Provides home-delivered meals to qualified older adults and persons with disabilities who are homebound.		Sundays: 12:00pm – 1:30pm
Monument of Faith: 919-688-7838 www.mof-church.org/ 900 Simmons Street, Durham, NC 27701 Requires photo ID. Emergency only. Limit 1x every 1 year.	3rd Saturdays: 7:00am - 9:00am	Monday – Friday: 10:00am - 12:30pm
Mt. Calvary United Church of Christ 919-688-5066 www.mountcalvaryucc.org 1715 Athens Avenue, Durham, NC 27707 Must call for appointment.	Monday – Friday: Call and leave a message with your contact information to make an appointment.	
Mt. Zion Christian Church 919-688-4245 3519 Fayetteville Street, Durham, NC 27707 Must call for appointment and bring ID.	Monday – Thursday: 12:00pm – 1:00pm Monday, Tuesday & Thursday: 2:30pm - 4:00pm	
Oak Grove UA Free Will Baptist Church 919-682-4710 801 Colfax Street, Durham, NC 27701 Limit 1x every 2 months.	Tuesdays: 9:00am - 12:00pm Thursdays: 9:30am - 12:30pm	

Russell Memorial: 919-682-2523 703 S. Alston Avenue, Durham, NC 27701	Wednesdays: 9:00am – 12:00pm	
St. James of Durham Baptist Church 919-286-3680 www.stjamesfgbc.org 1305 West Club Blvd, Durham, NC 27705 Must call for appointment.	4th Saturdays: 10:00am - 12:00pm	
St. Joseph's Episcopal Church 919-286-1064 https://stjosephsdurham.org Email: office@stjosephsdurham.org 1902 West Main St, Durham, NC 27705	Monday, Wednesday & Friday: 8:00am	
Salvation Army: 919-688-7306 www.salvationarmycarolinas.org/commands/durham 909 Liberty Street, Durham, NC 27701	Fridays: 9:00am - 11:00am	Sunday morning at 7:15am. <i>Two vanloads picked up from the Urban Ministries of Durham between 6:30 - 7:00am.</i>
Southside Church of Christ 919-688-3535 www.sside.org 800 Elmira Avenue, Durham, NC 27707 Requires photo ID.	Wednesdays: 11:00am - 1:00pm	
Urban Ministries of Durham 919-682-0538 (Food Pantry: ext. 6) www.umdurham.org www.umdurham.org/what-we-do/cafe.html 410 Liberty Street, Durham, NC 27701 (<i>in front of WTVD ABC11 TV station</i>) The Food Pantry is limited to one visit every 30 days (from the last date of your visit). Food is available for families with children, persons over 62 or persons receiving disability payments. The first time, please bring proof of children and/or disability payments.	Monday – Thursday: 9:00am The Community Café serves three meals a day, seven days a week to shelter residents and others in need.	
Victorious Praise Fellowship Church 919-957-7500 victoriouspraise.org/ 2116 Page Road, Durham, NC 27703 Requires photo ID.	Wednesdays: 2:00pm - 3:00pm Must call on <u>Tuesdays</u> to have your name put on the list.	

More in My Basket: 1-855-240-1451 (English) or 1-888-382-7105 (Español)

www.morefood.org

8:00AM – 5:00PM Monday – Friday

Program developed at North Carolina State University Extension that helps reduce food insecurity by connecting North Carolina residents to the Supplemental Nutrition Assistance Program (SNAP).

Food Bank of Central & Eastern NC – Durham Branch: 919-956-2513

www.foodbankcenc.org

8:30AM – 4:00PM Monday – Friday

2700 Angier Avenue, Suite A, Durham, NC 27703

End Hunger Durham

www.endhungerdurham.org

Organization that supports Durham food relief agencies and those in need of food with reliable information, collaborative programs, and advocacy for policies and initiatives aimed at ending hunger and malnutrition. On their website, you will find an updated listing of local food pantries.

Farmer Foodshare: 919-701-2543

www.farmerfoodshare.org Email: info@farmerfoodshare.org

902 N. Mangum Street Durham, NC 27701

Non-profit organization that is a triangle-based food hub who mission is to increase access to fresh, local food for all and to support the viability of marginalized NC farmers to create an equitable food system.

HIV/AIDS Services

Affordable Community Residence Association (ACRA): 919-973-4369

www.acradurham.org

1017 Cook Road, #15, Durham, NC 27713

For persons living with disabilities and HIV/AIDS so they can thrive in the community

Alliance of AIDS Services-Carolina: 919-834-2437

www.aas-c.org

9:00am-5:00pm, Monday- Thursday; 9:00am-12:00pm, Friday

4 N Blount Street, Suite 101, Raleigh, NC 27601

Provides emergency financial assistance for housing, utilities, bus tickets, basic needs; assists with applications for Medicaid and food stamps.

CAARE, Inc.: 919-683-5300

www.caare-inc.org

214 Broadway Street, Durham, NC 27701

2:00pm-4:30pm, Wednesday- Friday

Provides supportive services for individuals living with HIV/AIDS.

NC Department of Health and Human Services: 919-855-4800, 888-892-1162

www.ncdhhs.gov/

101 Blair Drive, Raleigh, NC 27603

8:00am-5:00pm, Monday- Friday

ADAP/AIDS Drug Assistance Program HIV/STD Prevention and Care

Provides financial assistance for the purchase of medications specifically used to combat HIV for low-income residents of North Carolina.

Kidney Disease

Fresenius Kidney Care Briggs Avenue: 919-598-9992, 800-881-5101

www.freseniuskidneycare.com

1209 S. Briggs Avenue, Durham, NC 27703

6:00am-10:30pm, Monday, Wednesday & Friday; 6:00am-5:00pm, Tuesday, Thursday & Saturday

Provides In-Facility Dialysis, Home Dialysis, and Transplant Support.

DaVita Dialysis Durham: 1-800-424-6589; 919-680-0002

www.davita.com

201 Hood Street, Durham, NC 27701

5:45am-4:30pm, Monday- Saturday

Provides in-Center Hemodialysis, Self-Care, Peritoneal Dialysis, and in-home Hemodialysis.

Additional Numbers & Locations:

866-544-6741

3901 N. Roxboro Street, #108, Durham, NC 27704

866-544-6741

1100 N. Miami Blvd., Suite 500a, Durham, NC 27703

Freedom Lake Dialysis Center: 919-471-1718

www.freseniuskidneycare.com

4016 Freedom Lake Drive, S-100, Durham, NC 27704

Provides In-Center Hemodialysis.

Fresenius Kidney Care South Durham: 800-881-5101

3516 TriCenter Blvd, Durham, NC 27713

5:00am-5:00pm, Monday- Saturday

Provides In-Facility Dialysis, Home Dialysis, and Transplant Support.

Fresenius Kidney Care West Pettigrew: 919-286-4777, 800-881-5101

www.freseniuskidneycare.com

1507 W. Pettigrew Street, Durham, NC 27705

6:00am-6:00pm, Mon, Wed, Fri & Sun; 6:00am-12:00pm, Tues, Thurs & Sat

Provides In-Facility Dialysis, Home Dialysis, and Transplant Support.

Used Furniture and Clothes

The following resources offer used furniture, appliances, and household items.

Durham Rescue Mission – Research Triangle Park: 919-401-1935 *Press 4

www.durhamrescuemission.org

3220 NC-55, Durham, NC 27713

8:00am-7:00pm, Monday- Saturday

Durham Rescue Mission – Brier Creek: 919-401-1935 *Press 3

www.durhamrescuemission.org

10701 Glenwood Avenue, Durham, NC 27617

8:00am-8:00pm Monday-Saturday

Durham Rescue Mission – Chapel Hill Blvd.: 919-401-1935 *Press 2

www.durhamrescuemission.org

3900 Chapel Hill Street, Durham

8:00am-8:30pm, Monday-Saturday

Goodwill Industries: 919-493-1182

4318 Garrett Road, Durham, NC 27707

9:00am - 8:30pm, Monday- Friday; 9:00am - 6:00pm, Sat; 12:00pm - 6:00pm, Sun

Additional Number, Hours & Location: 919-479-1141

5267 N. Roxboro Road, Durham, NC 27712

9:00am - 8:30pm, Monday- Friday; 9:00am - 6:00pm, Sat; 12:00pm - 6:00pm, Sun

Habitat for Humanity: 919-403-8668

5501 Chapel Hill Blvd, Durham, NC 27707

10:00am - 6:00pm, Monday- Friday; 9:00am-6:00pm, Saturday

Salvation Army Thrift Store: 919-384-7130

<https://southernusa.salvationarmy.org/north-south-carolina/>

3167 Hillsborough Road, Durham, NC 27705

10:00am-6:00pm, everyday

Trosa Thrift Store: 919-220-6119

<https://trosathriftstore.org>

3500 North Roxboro Street, Durham, NC 27704 (Oxford Common Plaza)

12:00pm-6:00pm, Wednesday- Friday; 10:00am-6:00pm, Saturday

Utilities

Assurance Wireless: 888-321-5880

www.assurancewireless.com

Provides free cell phone and minutes for eligible persons receiving food stamps/SNAP, SSI, Medicaid, temporary assistance to needy families (TANF), federal public housing assistance (Section 8), low-income home energy assistance program (LIHEAP) or participate in the National school lunch program's free lunch program. Application is provided at Durham DHHS office.

SafeLink Wireless: 800-723-3546

www.safelinkwireless.com

Provides free cell phone and minutes for eligible clients (persons receiving food stamps, SSI, Medicaid, public housing or Section 8, Low Income Energy Assistance, or TANF).

Salvation Army: 919-688-7306 ext. 100

www.salvationarmycarolinas.org/commands/durham

909 Liberty Street, Durham, NC 27701

8:00am-4:00pm, Monday- Friday

Food pantry hours: Mon, Wed, and Fri by appointment.

Provides limited assistance. Call for appointment. Telephone Service Assistance.

Accepts food stamps and non-food stamps recipients; call for details.

Presbyterian Urban Ministries: 919-220-8757

2504 N. Roxboro Street, Durham, NC 27704

Provides limited assistance.

Education and Recreation

Resources listed below provide a variety of opportunities to individuals in the areas of the arts, cultural heritage, exercise/recreation, and learning.

Arts and Cultural Activities

Carolina Theater Fletcher Hall: 919-560-3030, 919-560-3040

www.carolinatheatre.org

309 W. Morgan Street, Durham, NC 27701

10:30am-5:30pm, Monday- Friday

Provides vibrant, thought-provoking film and live performances that contribute to the cultural and economic vitality of downtown Durham and the Triangle Region.

Duke University Box Office: 919-684-4444

tickets.duke.edu

125 Science Drive, Durham, NC 27710

104 Bryan University Center, Durham, NC 27708

Located in the Bryan Student Center on the Upper Level off Science Drive. Provides ticket sales for events held at Page Auditorium, Reynolds Theater, Baldwin Auditorium, Rubenstein Arts Center, Sheaffer Theater and Griffin Film Theater.

Sarah P. Duke Gardens: 919-684-3698

<https://gardens.duke.edu>

426 Anderson Street, Durham, NC 27705

8:00am-4:30pm, Monday- Friday

Provides innovative programs, horticultural artistry, leadership in conservation, and extraordinary visitor experience.

Durham Arts Council: 919-560-2787

www.durhamarts.org

120 Morris Street, Durham, NC 27701

9:00am-9:00pm, Monday- Saturday; 1:00pm-6:00pm, Sunday

Helps residents and visitors find, enjoy, and participate in the artistic and cultural events available in the community; offers classes in the performing, literary and visual arts for toddlers through seniors.

Durham Center for Senior Life: 919-688-8247

www.dcsln.org Email: info@dcsln.org

406 Rigsbee Avenue, Suite 202, Durham, NC 27701

8:30am-5:00pm, Monday- Friday

Offers diverse creative and ongoing activities that enhance the lives of older adults in a welcoming community setting.

Museum of Life and Science: 919-220-5429

www.ncmls.org

433 W. Murray Avenue, Durham, NC 27704

10:00am-5:00pm, everyday

Provides a place for lifelong learning for people. Embrace science as a way of gaining self-awareness and to learn about their community, and their world.

St. Joseph's Historic Foundation Hayti Heritage Center: 919-683-1709

www.hayti.org Email: info@hayti.org

804 Old Fayetteville Street, Durham, NC 27701

5:00pm-8:00pm, Mon, Wed & Thurs; 10:00am-5:00pm, Tues, Fri & Sat

Dedicated to advancing cultural understanding through diverse programs that examine the experiences of Americans of African descent and through preserving, restoring, and developing the Hayti Heritage Center, a National Historic Landmark, as a cultural and economic anchor to the greater Durham community.

Nasher Museum of Art at Duke University: 919-684-5135

www.nasher.duke.edu

2001 Campus Drive, Durham, NC 27705

10:00am-5:00pm, Tues, Wed, Fri & Sat;

10:00am-9:00pm, Thurs;

12:00pm-5:00pm, Sun

Dedicated to presenting innovative and accessible collections, exhibitions, publications, and programs that stimulate intellectual discourse, enrich lives, and generate new knowledge.

Durham Performing Arts Center (DPAC): 919-680-2787

www.dpacnc.com

123 Vivian St, Durham, NC 27701

10:00am-5:00pm, Monday- Friday; 10:00am-2:00pm, Saturday

Provides many different types of entertainment. Broadway productions, concerts, comedy events, family shows, etc.

Games and Exercise

City of Durham Parks and Recreation Department: 919-560-4355

www.dprplaymore.org/ Email: dprinfo@durhamnc.gov

101 City Hall Plaza, Durham, NC 27701

9:00am-9:00pm, Monday- Friday;

8:30am-2:00pm, Saturday

Provides opportunities to help citizens discover, explore, and enjoy life through creative and challenging recreational choices that contribute to their physical, emotional, and social health.

Duke Center for Living: 855-855-6484, 888-275-3853

www.dukehealth.org/locations/center_for_living

3475 Erwin Road, Durham, NC 27705

6:00am-9:00pm, Monday- Friday; 8:00am-4:00pm, Sat; 1:00pm-5:00pm, Sun

Provides a host of health and wellness programs for innovative, personalized care.

YMCA: 919-667-9622

www.ymcatriangle.org

218 Morgan Street, Durham, NC 27701 (Downtown Location)

5:30am-9:00pm, Monday-Friday;

8:00am-5:00pm, Saturday;

1:00pm-5:00pm, Sunday

Provides programs and services that build healthy spirits, minds, and bodies.

Additional Number & Location: 919-956-9602

410 Blackwell Street, Durham, NC 27701 (American Tobacco Location)

Move Free Physical Therapy and Wellness, LLC: 919-886-4163

www.MoveFreePTNC.com Email: info@movefreeptandwellness.com

5501 Welkin Ct, Durham, NC 27713

9:00am-7:00pm, Monday- Thursday;

9:00am-5:00pm, Friday

Our mission is to improve our clients' physical wellness by relieving pain, and improving strength and balance, so they can enjoy an active and healthy retirement.

Serves the Durham, Chapel Hill, Apex, and Cary areas.

Education

Duke Continuing Education/Osher Lifelong Learning Institute (OLLI):

919-684-6259

www.learnmore.duke.edu/olli

215 Morris Street, Suite 350, Durham, NC 27701

9:00am-4:30pm, Monday- Friday

Offers non-credit courses for adults; call for fees, scholarship information, and class schedule.

Durham County Center, NC Cooperative Extension: 919-560-0525

<https://durham.ces.ncsu.edu/>

721 Foster Street, Durham, NC 27701

8:30am-5:00pm, Monday- Friday

Durham Technical Community College: 919-536-7200

www.durhamtech.edu

1637 East Lawson Street, Durham, NC 27703

8:00am-6:00pm, Mon & Thurs; 8:00am-8:00pm, Tues & Wed; 8:00am-4:00pm, Fri

Professional Services

This section lists professional services especially for seniors, such as Geriatric Care Managers, certified Senior Advisors, Home Care services, home-delivered meal and medication providers, Elder Service locators, and Crisis Lines.

Crisis Lines

Durham Crisis Response Center: 919-403-6562 (Español: 919-519-3735)

(General questions) 919-403-9425

www.durhamcrisisresponse.org Email: info@durhamcrisisresponse.org

206 N Dillard St, Durham, NC 27701

9:00am-5:00pm, Monday- Friday

24-hr line for victims of abuse or violence providing case management, counseling and advocacy.

Hope Line, Inc.: 919-231-4525, 877-235-4525

www.hopeline-nc.org

24 hrs, everyday (Phone Line)

3:00pm-9:00pm, Monday- Friday (Text Line)

Offers caring, non-judgmental listening, crisis intervention and suicide prevention.

National Suicide Prevention Lifeline: 800-273-8255 (TTY: 800-799-4889)

www.988lifeline.org

Provides 24/7 services via the above toll-free hotline number. It is available to anyone in a suicidal crisis or emotional distress.

Veteran's Crisis Line: 800-273-8255 and press 1

www.veteranscrisisline.net

Provides confidential support 24-hours a day persons can send a text message to 838255. An online chat is also available via their website.

Elder Service Locators

Durham Center for Senior Life: 919-688-8247

www.dcsln.org Email: info@dcslnc.org

406 Rigsbee Avenue, Suite 202, Durham, NC 27701

8:30am-5:00pm, Monday- Friday

Information and Options Counseling specialists help empower seniors to solve complex problems. All assistance is confidential. Services are accessed by phone, in-person and via e-mail. All requests are recorded, and follow-up is required. These services are designed to reduce barriers to access, increase the knowledge of the senior and assist with implementation of services.

Eldercare Locator: 800-677-1116

eldercare.acl.gov/

8:00am-9:00pm, Monday- Friday

The Eldercare Locator is a public service of the U.S. Administration on Aging and for helping older persons and their families find home and community-based services like transportation, meals, home care, and caregiver support services.

Federal Information Line: 800-333-4636, 844-872-4681

www.usa.gov

Senior PharmAssist: 919-688-4772

www.seniorpharmassist.org Email: info@seniorpharmassist.org

406 Rigsbee Avenue, Suite 201, Durham, NC 27701 8:30am-5:00pm, Monday, Wednesday- Friday; 8:30am-8:00pm, Tuesday

Helps Durham County seniors 60+ remain healthy and independent by providing

practical help to manage and appropriately use necessary medications, pay for prescriptions, choose Medicare-approved drug plans, and access other community resources.

Triangle J Area Agency on Aging: 919-558-2711, 919-549-0551

www.tjaaa.org Email: tjcog@tjcog.org

4307 Emperor Boulevard, Suite 110, Durham, NC 27703

8:30am-5:00pm, Monday- Friday

Serves: Durham, Chatham, Johnston, and Wake Counties. Focuses on its partnership efforts as a means of leveraging a quality continuum of support for the region's older adults. The mission is to promote the highest level of well-being of older adults in the seven-county region by collaborating with organizations to provide a comprehensive system of opportunities, services, and protective supports.

Geriatric Care Management

Professional Geriatric Care Managers are health and human service specialists trained and experienced in any of several fields related to care management, including, but not limited to nursing, gerontology, social work, or psychology, with a specialized focus on issues related to aging and elder care. They assist older and disabled adults, and family caregivers in managing care needs to promote maximum functional potential of the care recipient.

Always Best Care Senior Services: 336-270-4352

www.alwaysbestcare.com/nc/chapel-hill/ Email: sloy@abc-seniors.com

1709 Legion Road, Suite 105, Chapel Hill, NC 27517

24hrs, everyday

Helping families with non-medical in-home care and assisted living referral services. Accepts long-term care insurance and VA benefits.

Everybody Needs a Nurse: 919-606-1819

www.everybodyneedsanurse.com Email: yournurse@everybodyneedsanurse.com

81110 Alexander, Chapel Hill, NC 27517

8:00am-5:00pm, Monday- Friday

Independent professionals who work directly for our clients. We help clients understand their health issues, manage their doctors, their medications and support their needs to reach their health goals.

Senior Care Management Associates, LLC: 919-794-1888

www.senior-care-management.com

4711 Hope Valley Rd., Suite 4F-519 Durham, NC 27707

8:00am-5:00pm, Monday- Friday

Assists in creating and managing a supportive network either in home or in a facility.

Senior Transitions of North Carolina, PLLC: 919-240-7476

Email: caringforseniors@aol.com

1289 Fordham Boulevard, #353, Chapel Hill, NC 27514

9:00am-5:00pm, Monday- Friday

We work with a network of agencies to help meet your needs. Included in this network are eldercare lawyers, in-home-care providers, home repair services, certified senior movers, financial managers, financial advisors, and more. Does not accept insurance.

Private-Pay, Non-Medical In-Home Care Services

The below in-home care agencies that provide quality care services in the comfort of your home. These services include companionship and help with errands, light housekeeping, meal preparation, and other non-medical services. They provide in-home companion and skilled nursing care.

Accessible Home Health Care of Mid Carolina: 919-896-7679

www.accessiblemidcarolina.com

8315 Six Forks Road, Suite 101, Raleigh, NC 27615

24hrs, everyday

Accepts long-term care insurance.

Advantage Care In-Home Services, Inc.: 919-471-1314

www.advantagecarenc.com

3600 N. Duke Street, Suite 100 A/B, Durham, NC 27704

8:30am-2:30pm, Monday- Friday

Medicaid with an innovative waiver.

Amedisys Home Health: 919-941-5793 (*Toll Free: 800-682-6670*)

www.amedisys.com/services/home-health-care/

1005 Slater Road, Suite 105, Durham, NC 27703

8:00am-5:00pm, Monday- Friday

Accepts Medicare.

AmeriCARE HomeCare Chapel Hill: 866-228-8548

www.americareinfo.com/chapel-hill/

1829 E Franklin St Ste 100B, Chapel Hill, NC 27514

9:00am-5:00pm, Monday- Friday

Armstrong Homecare: 919-942-2840

www.armstronghomecarenc.com Email: armstronghomecarenc@gmail.com

1829 E. Franklin Street, Chapel Hill, NC 27514

9:00am-5:00pm, Monday- Friday

Accepts long-term care insurance.

B & C Care System, Inc.: 919-384-6782

www.bccaresysteminc.com Email: bccaresystem@gmail.com

2915 Guess Road, Durham, NC 27705

9:00am-5:00pm, Monday- Friday

Accepts Medicaid, VA patients and private pay.

Comfort Keepers: 919-504-2473

www.comfortkeepers.com/

1415 W. NC Highway 54, Suite 209, Durham, NC 27707

24hrs, everyday

Comprehensive Community Care Inc.: 919-402-0323

www.compcarenc.com

3308 Durham Chapel Hill Boulevard # 160 (Building F), Durham, NC 27707

9:00am-5:00pm, Monday- Saturday

Accepts Medicaid.

Diverse Family Services, LLC: 919-572-8833, 919-225-9338

www.dfservices.org Email: havaKDFservices@gmail.com

2402 S. Miami Boulevard, Suite 108, Durham, NC 27703

9:00am-5:00pm, Monday- Thursday

Accepts Medicaid.

Spring Valley Living: 866-654-1113

<https://myspringvalleyliving.com>

2141 E. Geer Street, Durham, NC 27704

9:00am-3:00pm, Monday- Thursday

Medicaid, Managed Care, and other private insurance.

Beautiful Remissions Home Care: 984-219-6013, 919-672-5332

www.beautifulremissionshomecare.com

Email: contact@beautifulremissionshomecare.com

3407 N. Duke St., Durham, NC 27704

9:00am-5:00pm, Monday- Friday

MS Enhancement: 919-659-5664

www.msenhancement.com Email: msenhancement@gmail.com

702 N. Person Raleigh, NC 27604

8:30am-5:00pm, Monday- Friday

Accepts Medicaid.

Ideal Home Health: 919-937-9964

www.idealhomehealthservices.com Email: info@idealhomehealthservices.com

1420 E. Club Blvd, Suite B, Durham, NC 27704

9:00am-5:00pm, Monday- Friday

Medicare, Medicaid, VA, most private insurances, and private payment.

Divine Support Edge Healthcare Services: 919-401-6655

www.divinesupportededgehealthcare.com Email: dsehumanresources@gmail.com

3700 Lyckan Parkway, Suite A, Durham, NC 27707

9:30am-5:00pm, Monday- Friday

Accepts private pay, Medicaid.

Duke Homecare and Hospice: 919-620-3853

www.dhch.duhs.duke.edu

4321 Medical Park Drive, Suite 101, Durham, NC 27704

8:00am-6:00pm, Monday- Friday; 8:30am-4:30pm, Saturday

Have to check insurance which will determine type of care.

Home Instead Senior Care: 919-479-4600

www.homeinstead.com/157 Email: Kaylin.sitea@homeinstead.com

2726 Croasdaile Drive, Suite 203, Durham, NC 27705

Accepts private pay, long-term care insurance, Veteran's assistance, and Dementia Care grant through partnership with HFC.

Homewatch Caregivers: 919-960-6038

www.homewatchcaregivers.com/chapel-hill/

101 Cosgrove Avenue, Suite 120, Chapel Hill, NC 27514

Accepts private pay and long-term insurance.

Interim Health Care of the Triangle, LLC: 919-493-7575

www.interimhealthcare.com

3710 University Drive, Suite 135, Durham, NC 27707

8:30am-5:00pm, Monday- Friday

Accepts all insurance, Medicaid, not Medicare.

Amedisys Home Health Care: 919-941-5793

www.amedisys.com

1005 Slater Road, Suite 105, Durham, NC 27703

8:00am-5:00pm, Monday- Friday

Accepts Medicare.

Senior Transitions of North Carolina, PLLC: 919-240-7476

Email: caringforseniors@aol.com

1289 Fordham Blvd., #353, Chapel Hill, NC 27514

Tier One Home Health: 919-748-3568

www.tieronehomehealth.com Email: info@tieroneHH.com

5322 Highgate Drive, Suite 142, Durham, NC 27713

8:00am-4:00pm, Monday- Friday

Visiting Angels: 919-321-2159

<https://www.visitingangels.com/durham/home> Email: eiboaya@visitingangels.com

5007 Southpart Drive #200 Durham, NC 27713

A-1 Helping Hearts Home Care Agency: 919-322-0595

Email: A1helpingheartshomecare@gmail.com

1708 Trawick Road, Raleigh, NC 27604

Jareh Healthcare, INC.: 919-957-3354

<https://jarehhealthcare.net/>

2116 S. Miami Blvd., Durham, NC 27703

8:30am-5:00pm, Monday- Friday

Accepts Medicaid, private pay, long-term care insurance.

CenterWell Home Health: 919-361-1921

www.centerwellhomehealth.com

1738 Hillandale Road, Suite A, Durham, NC 27705

24hrs, everyday

Accepts Medicare.

Liberty Home Care: 919-471-1368

www.libertyhomecare.com

3414 N. Duke Street, Suite G, Durham, NC 27704

8:00am-5:00pm, Monday- Friday

Accepts Medicare and Medicaid.

Reliable Home Care Agency: 919-596-9479

www.reliablehealthservices.com Email: info@reliablehealthservices.com

2634 Durham-Chapel Hill Blvd., Durham, NC 27707

9:00am-5:00pm, Monday- Thursday; 9:00am-1:00pm, Friday

Accepts Medicare and Medicaid.

Right at Home Durham/Chapel Hill: 919-237-2333

www.rahdch.com

4905 Pine Cove Drive, Suite 2, Durham, NC 27707

24hrs, everyday

Accepts private pay and long-term care insurance.

Shalom Home Health, Inc.: 919-475-4541

2821 N. Roxboro Street, Durham, NC 27704

Accepts Medicare and private pay.

Wisdom Senior Care: 919-323-3693

www.wisdomseniorcare.com Email: info@wisdomseniorcare.com

3622 Shannon Road, Suite 103, Durham, NC 27707

8:30am-5:00pm, Monday- Friday

Accepts private pay and long-term care insurance.

Durham County Social Services - In-Home Services: 919-560-8600

www.dconc.gov

414 E. Main Street, Durham, NC 27701

8:30am-5:00pm, Monday- Friday

Accepts Medicare.

Arosa NC Triangle: 919-309-4333, 844-577-2273

www.arosacare.com Email: triangle@arosacare.com

617 Morehead Avenue, Durham, NC 27707

24hrs, everyday

Accepts Medicaid and long-term care insurance.

Rainbow 66 Storehouse Home Care: 919-686-0165

www.rainbow66storehouse.com

706 Rigsbee Avenue, Durham, NC 27701

7:30am-4:00pm, Monday- Friday

Accepts Medicaid.

Senior Helpers: 984-202-8387

www.seniorhelpers.com

216 Ashville Ave, Suite30, Cary, NC 27518

24hrs, everyday

Accepts Medicare and Medicaid.

First Watch Homecare, LLC: 919-425-9513

4801 Danube Lane Apt. 1106 Durham, NC 27704

24 hours, everyday

Heart 2 Home Senior Services, LLC: 336-264-5767

www.heart2homeseniorservices.com Email: heart2home2023@outlook.com

3511 Shannon Road Suite 300, 3rd floor, Durham, NC 27707

Careyaya

www.careyaya.org Email: support@careyaya.org

This program is not a licensed home care agency and does not make guarantees concerning the training, supervision, or competence of the personnel referred. They refer private, high-quality caregivers to people with disabilities and older adults.

Home-Delivered Meals

Meals on Wheels of Durham: 919-667-9424

www.mowdurham.org

2522 Ross Road, Durham, NC 27703

8:00am-12:00pm, Monday- Friday

Delivers meals to homebound elderly throughout the community.

Home-Delivered Medications

Central Pharmacy: 919-220-5121

www.centralpharmacync.com

2609 N. Duke Street, Suite 103, Durham, NC 27704

9:00am-5:30pm, Monday- Friday;

9:00am-12:00pm, Saturday

Services: convenience packaging, delivery, ideal protein, CBD, immunizations, Sync My Meds, pharmaceutical grade supplements, ditch your PPI, pill identifier, compounding, Medicare plan reviews, and specialty medications.

Clinic Pharmacy: 919-383-7495

www.theclinicpharmacy.com Email: clinicrx@gmail.com

2726 Croasdaile Drive Suite 104, Durham, NC 27705

9:00am-5:30pm, Monday- Friday; 9:00am-12:00pm, Saturday

Services: immunizations, delivery, over the counter, medication adherence, medication synchronization, and pharmacy services.

Gurley's Pharmacy, Inc.: 919-688-8978

www.gurleyspharmacy.com Email: tech@gurleyspharmacy.com

114 W. Main Street, Durham, NC 27701

8:30am-5:30pm, Monday- Friday; 9:00am-1:00pm, Saturday

Services: delivery, compounding, medication synchronization, etc.

Main Street Pharmacy: 919-688-1368, New patients: 919-823-6153

www.mymainstreetpharmacy.com

213 W. Main Street, Durham, NC 27701

9:00am-6:00pm, Monday- Friday; 9:00am-1:00pm, Saturday

Provides the community with pharmacy services.

Senior Advisors

A Place for Mom: 919-948-2983

www.aplaceformom.com

Assisted living, memory care, independent living, and senior living.

All About Seniors: 919-830-6478

<https://allaboutseniorsnc.com/> Email: Davis@AllAboutSeniorsNC.com

2709 Magnolia Tree Lane, Durham, NC 27703

8:30am-5:00pm, Monday- Friday

Services: adult-day programs, companion care, elder law attorneys, end-of-life doulas, home health aides, home renovations, estate planning, long-term care insurance, in-home care referrals, medical equipment, etc.

Support Groups

This section provides older adults and caregivers with information on the support network in our area. Some groups may be for people with a disease or their families, for example, Alzheimer's disease. Others may provide support for losing loved ones. Most groups are open to everyone.

Caregiver Support Groups

Alzheimer's Association Eastern NC Chapter: 919-803-8285

www.alznc.org

5171 Glenwood Avenue, Suite 101, Raleigh, NC 27612

9:00am-4:00pm, Monday- Friday

Offers dementia navigation, support groups, caregiver resources, etc.

DCSL Caregiver Support Program: 919-688-8247 ext. 103

www.dcsln.org Email: info@dcslnc.org

406 Rigsbee Avenue, Suite 202, Durham, NC 27701

8:30am-7:30pm, Monday- Thursday; 8:30am-5:00pm, Friday

Call for meeting days and times.

Jewish for Good: 919-354-4936

www.jewishforgood.org/

1937 W. Cornwallis Road, Durham, NC 27705

5:30am-9:00pm, Monday- Friday; 8:00am-8:00pm, Saturday & Sunday

Provides support for Jewish community through Jewish connections and knowledge.

Dementia Alliance of NC: 919-832-3732

www.dementianc.org

9131 Anson Way, Suite 206, Raleigh, NC 27615

9:00am-5:00pm, Monday- Friday

Offers dementia navigation, support groups, caregiver resources, signs & symptoms.

Community Support Groups

Alcoholics Anonymous: 919-783-6144

www.aanc32.org

P.O. Box 61281 Durham, NC 27715

24hrs, everyday (hotline- for general inquiries)

A support group where members share their experiences, strength, and hope with each other that they may solve their common problem recover from alcoholism.

American Cancer Society: 800-227-2345

www.cancer.org

24hrs, everyday (cancer helpline)

Offers free rides to treatment, free lodging during treatment, ACS CARES, breast cancer support, cancer survivors' network, reach to recovery, survivor stories, etc.

Cornucopia House Inc. (Cancer Support Center): 919-401-9333

Email: olivia@cancersupport4u.org (Olivia Stancil)

5517 Durham Chapel Hill Blvd. Suite 1000, Durham, NC 27707

Provides support and resources for anyone affected by cancer.

National Alliance on Mental Illness (NAMI) - NC: NAMI NC Helpline 800-451-9682 (*call*), 919-999-6527 (*text*); NAMI Helpline 800-950-6264; Office 919-788-0801

www.naminc.org/ Email: helpline@naminc.org Office Email: mail@naminc.org

309 West Millbrook Rd, Raleigh, NC 27617

10:00am-10:00pm, Monday- Friday (*NAMI Helpline*)

9:00am-5:00pm, Monday- Friday (*Office*)

Offers mental health education, presentations, connection, and NAMI Family Support.

Community Care Service, LLC: 919-544-3907

www.communitycareservicellc.com

5842 Fayetteville Road, Suite 101, Durham, NC 27713

9:00am-5:00pm, Monday- Friday

Peer support and individual support. Provide effective drug education programs.

Duke Medicine Support Groups:

For any of the support groups listed below, contact the person listed to find out about meeting times, please, and any requirements for attending. For Duke Dementia Support Group information, call 919-660-7510. For Cancer Support Group information, call 919-684-4497.

Name of Group	Contact Information
Duke Hospice Unicorn Bereavement Center	919-644-6869
Durham Alzheimer's Evening Family Support Group	Natalie Leary or Cornelia Poer: 919-660-7542

Daughters Concerned for Aging Relatives Support Group	Bobbi Matchar: 919-660-7509
Memory Makers: An Early-Stage Memory Loss Education and Support Group	Bobbi Matchar: 919-660-7509
Younger-Onset Support Group	Janeli McNeal: 919-660-7565
Cancer: Art Therapy (for Patients)	919-684-4497
Cancer: Breast and GYN Cancers	919-684-4497
Cancer: General Cancer	919-684-4497
Cancer: Caregiver Support Group	919-684-4497
Cancer: LGBTQ+ Patients, Families, Caregivers	919-684-4497
Cancer: Prostate Cancer	919-684-4497
Stroke Survivors Support Group (Survivors and Caregivers)	Heather Forrest: 919-660-0096

Grief Support Groups

Transitions Grief Care: 919-719-7199

www.transitionslifecare.org/families/grief-care/

Bereavement resources include educational and support groups, individual counseling, specialty groups for distinct types of loss and programs incorporating the arts, yoga, nature, etc.

Duke Hospice Bereavement Services: 919-644-6869

<https://www.dukehealth.org/treatments/home-care-and-hospice/bereavement>

Offers a safe and healing grief process for anyone adjusting to loss after the death of a loved one, including children and adults.

Technology Services

This section lists resources for information technology services, such as set-up and installation of computers hardware and software, computer repairs, networking, website design, and other related services.

Senior Planet Older Adults Technology Services (OATS): 888-713-3495

www.oats.org Email: info@oats.org

9:00am-8:00pm, Monday- Friday

Offers technology educational classes, troubleshooting and training for technophobic boomers and seniors and provides IT support services. This is offered by AARP.

Durham Public Libraries – Digital Navigators: 919-560-0116

<https://durhamcountylibrary.org>

Help to find an affordable device, access low-cost internet resources, and learn how to use technology. Use the above number to schedule a free virtual or in-person appointment with a Digital Navigator.

Medicus IT: 919-443-1551 (*Cary Office*); 844-200-2195

www.medicusit.com Email: help@medicusit.com

6501 Weston Pkwy, Suite 330, Cary, NC 27513

Offers cybersecurity, IT consulting, backup and disaster recovery, & cloud solutions.

Transportation

The resources below provide transportation opportunities for seniors, including organizations that provide transportation to their participants, public and accessible transportation options, interstate travel options, driver safety courses, and information about disability placards and plates.

Bus/Train Travel

AMTRAK (train transportation): 919-956-7932, 800-872-7245

www.amtrak.com

601 W. Main Street, Durham, NC 27701

6:15am-10:00pm, everyday

Greyhound Lines: 919-687-4800

www.greyhound.com

515 W. Pettigrew Street, Durham, NC 27701

24hrs, everyday

Driver Safety Courses

AAA Driver Safety Information and Resources: 919-493-4383 (*car care*); 919-489-3306 (*insurance & travel*)

exchange.aaa.com/safety/senior-driver-safety/

7:30am-6:00pm, Monday- Friday; 8:00am-4:00pm, Saturday (*car care*)

8:30am-6:00pm, Monday- Friday; 9:00am-1:00pm, Saturday (*insurance*)

8:30am-6:00pm, Monday- Friday; 9:00am-1:00pm, Saturday (*travel*)

3505 Westgate Dr, Durham, NC 27707

Offers car care, insurance, and travel.

AARP Safe Driving: 800-350-7025

www.aarpdriversafety.org Email: customerservice@aarpdriersafety.org

9:00am-7:00pm, Monday- Friday; 10:00am-2:00pm, Saturday & Sunday

Offers a defensive driving course for people 50 years of age or older. This course helps refresh drivers with the rules of the road and in many states, drivers may benefit from a discount on their auto insurance.

Handicap Placards

NC Division of Motor Vehicles: 919-286-4908 (*local DMV*); 919-715-7000 (*NCDMV customer service*);

www.ncdot.gov/dmv/title-registration/license-plates/Pages/disability-placards-plates.aspx

4215 University Dr, Suite 8, Durham, NC 27707 (*license plate office*)

9:00am-5:00pm, Monday- Friday

3825 South Roxboro St. Durham, NC 27713 (*driver's license office*)

7:00am – 5:00pm, Monday – Friday

101 South Miami Blvd., Durham, NC 27703 (*driver's license office*)

7:00am-5:00pm, Monday – Friday

Offers records & reports, online services, license renewal, registration renewals, etc.

Private Ambulance Services and Wheelchair Vans

Carolina Livery Service: 919-957-1111

www.carolinalivery.com Email: carvanbus@carolinalivery.net

2913 New Raleigh Highway, Durham, NC 27705

P.O. Box 80143 Raleigh, NC 27623

8:30am-5:30pm, Monday- Friday

Offers shuttle service, field trips, airport transportation, multi-day trips, etc.

Absolute Care NEMT Transportation: 919-615-1116

www.absolutecaretransportation.com Email: absolutecarestaff@att.net

2400 Broad Street, Suite 3, Durham, NC 27704

Provides non-emergency medical transportation services.

Cardinal Medical transportation: 800-788-3446

www.cardinalnemt.com Email: info@cardinalnemt.com

1780 Pierre Pl, Apex, NC 27502

8:00am-7:00pm, Monday- Friday; 10:00am-7:00pm, Saturday & Sunday

Accept certain insurance plans as payment. Provides non-emergency transportation.

Transportation Choices for Persons 65 Years and Older

Durham Center for Senior Life: 919-688-8247 ext. 122

www.dcsln.org

406 Rigsbee Avenue, Suite 202, Durham, NC 27701

8:30am-5:00pm, Monday- Friday

Provides transportation to congregate meal sites at DCSL only.

Go Durham Access: 919-485-7433

www.godurhamtransit.org/access

1903 Fay Street, Durham, NC 27704 (*main office*)

515 W. Pettigrew Street, Durham, NC 27701 (*durham station*)

8:00am-5:00pm, Monday- Friday (*main office*)

6:00am-12:00am, Monday-Saturday; 7:00am-9:00pm, Sunday (*durham station*)

5:30am-12:30am, Monday- Saturday; 6:30am-9:30pm, Sunday (*bus route*)

Is an ADA certified curb-to-curb paratransit system designed for those persons whose disabilities prevent them from using accessible fixed-route transit. FREE to Medicaid clients with prior approval from Durham County Dept. of Social Services (call 919-560-8600 for information). Application process required. \$2 each way or can purchase discounted vouchers. All locations in Durham City Limits.

Go Triangle Access: 919-485-7433

www.gotriangle.org/access Email: customerservice@gotriangle.org

4600 Emperor Blvd. Suite 100, Durham, NC 27703 (*mailing address*)

6:00am-9:00pm, everyday (*regional information center*)

Provides ADA paratransit services for certified disabled available on certain routes (check with TTA) for persons within $\frac{3}{4}$ miles of route. Buses are wheelchair accessible. Must complete application process. Call for fees.

GoGoGrandparent: 855-464-6872

www.gogograndparent.com Email: support@gogograndparent.com

1600 Bryant St No 410477 San Francisco, CA 94141 (*headquarters*)

Allows people to use Lyft and Uber without a smartphone, with rides monitored by 24/7 operators and alerts for emergency contacts.

Kerr Area Rural Transportation System (KARTS): 252-438-2573

www.KARTSNC.com Email: info@kartsnc.com

P.O. Box 246 Henderson, NC 27536

1575 Ross Mill Road, Henderson, NC 27537

8:00am-5:00pm, Monday- Friday

Transportation provided for medical and non-medical. Medicaid accepted for medical appointments. Call for reservation and fees.

Lincoln Community Health Center: 919-956-4000

www.lincolnhc.org Email: Claretta.foye@duke.edu (ClarettaFoye);

hassan.ali@duke.edu (H. Musa Ali, Español)

1301 Fayetteville St. Durham, NC 27717-2119

Reservations accepted from 8am-3pm and 8am-4pm (appointments). Persons with confirmed medical appointments at Lincoln or referred by Lincoln elsewhere. Ride free within city limits. Transportation for medical appointments only.

North State Medical Transport: 919-261-8911; 877-261-8911

www.nsmmt.biz

1240 Corporation Parkway, Raleigh, NC 27610

24hrs, everyday

Offers ambulance transport, mobile integrated healthcare, special event coverage, etc.

Seniors on the Go, LLC: 800-517-4149, 919-521-8092

www.ncseniorsonthego.com Email: sotgo@ncseniorsonthego.com

8:00am-6:00pm, Monday- Friday

Triangle's exclusive transporter for the active senior.

Wisdom Care Transportation: 919-825-0902

www.wisdomcaretrans.com Email: info@wisdomcaretrans.com

10700 World Trade Blvd., Suite 114, Raleigh, NC 27617

9:00am-5:00pm, everyday

Specializes in non-emergency medical transportation (NEMT) needs.

Kingly transportation: 984-209-2757

www.kinglytransportation.com Email: Mejade972@yahoo.com

7:00am-7:00pm, Monday- Friday

Offers medical and personal transportation.

Mobility Dash: 919-205-3115

www.mobilitydash.com Email: contact@mobilitydash.com

7424 Chapel Hill Road, Suite 104, Raleigh, NC 27607

Monday – Friday 6:00am – 6:00pm

Veterans Benefits and Resources

The resources listed below offer a variety of different services to veterans. Some of these are disability compensation, burial benefits, employment, education, etc.

Durham County Veterans Services: 919-560-8387

www.dconc.gov/county-departments/departments-f-z/veteran-services

Email: veteranservices@dconc.gov

414 E. Main Street, Second Floor, Durham, NC 27701

8:30am-4:00pm, Monday- Friday

Durham VA Medical Center: 919-286-0411

www.durham.va.gov

508 Fulton Street, Durham, NC 27705

24hrs, everyday

Gerofit (Durham VA Medical Center): 919-286-0411

www.va.gov/GERIATRICS/pages/gerofit_Home.asp

508 Fulton Street, Durham, NC 27705

NC Division of Veterans Affairs: *Toll Free* 844-624-8387

www.milvets.nc.gov/

413 N. Salisbury Street, Raleigh, NC 27603

8:00am-5:00pm, Monday- Friday

Veterans for America: 310-733-7117

<https://veteransforamerica.us>

Veterans Benefits Administration 800-698-2411

<https://benefits.va.gov/benefits/>

24hrs, everyday (*phone*)

Veteran Readiness and Employment 910-451-0018 (*Raleigh NC Works Office*)

www.benefits.va.gov/vocrehab/

313 Chapanoke Road, Suite 120, Room 270, Raleigh, NC 27603

8:30am-4:00pm, Monday- Friday

Veteran's Crisis Line: 800-273-8255 Press 1

www.veteranscrisisline.net

24hrs, everyday

Volunteering in the Community

Many seniors like to stay active in their retirement by volunteering. This section provides information about agencies that place seniors in volunteer positions.

Durham Center for Senior Life: 919-688-8247 ext. 124

www.dcsln.org Email: info@dcsln.org

406 Rigsbee Avenue, Suite 202, Durham, NC 27701

8:30am-5:00pm, Monday- Friday

Executive Service Corps: 919-294-9803

www.esctriangle.org/ Email: info@esctriangle.org

800 Park Office Drive, Suite 3703, Durham, NC 27709

Meals on Wheels: 919-667-9424

www.mowdurham.org Email: madison@mowdurham.org (*Madison Coleman*)

2522 Ross Road Durham, NC 27703

7:30am-4:00pm, Monday- Thursday; 7:30am-3:00pm, Friday

Retired and Senior Volunteer Program (RSVP): 919-321-6932

<https://thevolunteercenter.org/rsvp/> Email: syaneys@thevolunteercenter.org

3333 Durham Chapel Hill Blvd., Building A, Suite 100, Durham, NC 27707

Service Corp of Retired Executives (SCORE): 800-634-0245

National: www.score.org Chapel Hill Office: 201-412-8718;

<https://chapelhilldurham.score.org/>

Email: scorechapelhilldurham@scorevolunteer.org

103 W. Main Street, Durham, NC 27701

The Triangle Nonprofit & Volunteer Leadership Center: 919-321-8910

www.thevolunteercenter.org

3333 Chapel Hill Blvd. Building A-Suite 100, Durham, NC 27707

Mailing Address: PO Box 3374, Durham, NC 27702

Connecting people with meaningful opportunities to help the community, Durham, and surrounding areas.

Section 3: Financial/Legal Resources

Advocacy Services

Resources listed in this section may be useful to you as advocates regarding legal and medical concerns.

Care-Line: 919-855-4400 (*TTY 919-733-4851*); 800-662-7030 (*TTY 877-452-2514*)
Information and Referral specialists provide information and referrals regarding human services in government and non-profit agencies.

Disabilities Rights NC: 919-856-2195, 877-235-4210 (*TTY: 888-268-5535*)
disabilityrightsncc.org/

3724 National Drive, Suite 100, Raleigh, NC 27612

8:00am-5:00pm, Monday- Friday

A team of attorneys, advocates, paralegals, and support staff provide advocacy and legal services at no charge for people with disabilities across North Carolina.

Legal Aid of North Carolina: 919-688-6396 ext. 4561 or 800-331-7594
(*Senior Law Project: 877-579-7562*) (*Legal Aid of NC-Helpline: 866-219-5262*)
www.legalaidnc.org

201 W. Main Street, Suite 400, Durham, NC 27701

8:30am-1:30pm, Mon-Thurs; reopens @5:30pm-8:30pm, Mon & Thurs

Provides free legal services to low-income individuals to ensure equal access to justice and remove barriers to economic opportunities.

National Council on Aging: 800-424-9046, 571-527-3900
www.ncoa.org

Assists vulnerable and disadvantaged older adults with access to benefits, development of personal economic action plans, secure training, and jobs, explore options for use of home equity, better manage chronic conditions, learn to prevent falls, improve health, and strengthen aging services programs.

NC Department of Insurance: 919-807-6900 or 919-807-6750
Consumer Services Division: 855-408-1212 (Toll free inside North Carolina)
www.ncdoi.gov

325 N Salisbury St, Raleigh, NC 27603

8:00am-5:00pm, Monday- Friday

Provides information about insurance policies, file a complaint or appeal with insurance company, report suspected insurance fraud, check license status, etc.

Patient Advocacy Foundation: 800-532-5274

www.patientadvocate.org

8:30am-5:00pm, Monday- Friday

Provides effective mediation and arbitration services to patients and removes obstacles to accessing healthcare.

SHIIP (Senior Health Insurance Information Program): 800-408-1212 (*Helpline*)

www.ncdoi.gov/consumers/medicare-and-seniors-health-insurance-information-program-shiip

Albemarle Building; 325 N. Salisbury St, Raleigh, NC 27603

8:00am-5:00pm, Monday- Friday

Respond to consumers' insurance-related questions and complaints, assist consumers in resolving those complaints whenever possible, and help consumers understand their options for dealing with insurance-related matters.

Triangle J Area Agency on Aging Long Term Care Ombudsman: 800-310-9777

www.centralpinesnc.gov/aging-human-services/long-term-care

Email: tjcog@tjcog.org

4307 Emperor Boulevard, Suite 110, Durham, NC 27703

8:30am-5:00pm, Monday- Friday

Ombudsmen monitor the implementation of federal, state, and local laws governing long-term care facilities, and work to educate the public, residents, family members and facility staff regarding long-term care issues and elder abuse prevention, detection, and reporting requirements.

Consumer Issues and Complaints

Resources listed below are intended to help you determine how to file complaints regarding services or medical care you receive. Additional crime and fraud reporting resources are in the next section.

Denied Benefits or Services

City of Durham Human Relations Commission: 919-560-4107

www.durhamnc.gov

807 E. Main Street Building 2, 3rd Floor Conference Room, Durham, NC 27701

7:00pm, 1st Tuesday of Each Month

Provides forums, workshops, conferences, 1-on-1 interventions, and other activities with 1 goal in mind: To improve human relations among the people of Durham.

Legal Aid of North Carolina: 919-688-6396, 866-219-5262

www.legalaidnc.org

201 W. Main Street, Suite 400, Durham, NC 27701

8:30am-1:30pm, Monday-Thursday; reopens @ 5:30pm-8:30pm, Monday & Thursday

Provides secure protective orders for victims of domestic violence, work with grandparents on guardianship cases, stop illegal evictions, etc.

Filing a Complaint about an Attorney

North Carolina State Bar: 919-828-4620, 919-733-0123

www.ncbar.gov

217 E. Edenton Street, Raleigh, NC 27601

9:00am-5:00pm, Monday- Friday

Offers client security fund, filing a grievance, attorney-client assistance program, fee dispute resolution, etc.

Filing a Complaint about General Services

Better Business Bureau of Eastern North Carolina: 919-277-4222

www.bbb.org

5540 Munford Road, Suite 130, Raleigh, NC 27612

8:00am-5:00pm, Monday- Friday

Provides information that allows a consumer to check out a business or charity.

The Dispute Settlement Center: 919-929-8800

www.disputesettlement.org

302 W. Weaver Street, Carrboro, NC 27510

9:00am-5:00pm, Monday- Friday

Helps resolve dispute and prevent escalation of conflict through mediation, conciliation, facilitation, and training.

NC Bar Association: 919-677-0561 (*Referral: 800-662-7407*)

www.ncbar.org

8000 Weston Parkway, Cary, NC 27513

9:00am-5:00pm, Monday- Friday

Serves the public and the legal profession by promoting the administration of justice and encouraging the highest standards of integrity, competence, civility, and well-being of all members of the profession.

NC Crime Victim Compensation Services: 919-733-7974, 800-826-6200

www.ncdps.gov/dps-services/victim-services/crime-victim-compensation

512 North Salisbury St, Raleigh, NC 27604

4201 Mail Service Center, Raleigh, NC 27699-4201 (*mailing address*)

8:00am-5:00pm, Monday- Friday

Provides victim compensation services, rape victim assistance program, crime victim compensation commission.

NC Department of Justice Attorney General's Office: 919-716-6400

www.ncdoj.gov

9001 Mail Service Center Raleigh, NC 27699-9001

114 West Edenton St, Raleigh, NC 27603

8:00am-5:00pm, Monday- Friday

Will work with you and the business to resolve your dispute. If they can't help you to reach a resolution, they might suggest that you file an action in Small Claims Court.

NC Victims Assistance Network: 919-831-2857, 800-348-5068

www.nc-van.org Email: info@nc-van.org

P.O. Box 32173 Raleigh, NC 27622

1053 Whitaker Mill Road, Suite 115, Raleigh, NC 27604

9:00am-5:00pm, Monday- Friday

Aids with navigating systems that serve victims, reimbursement of expenses related to court attendance, information, and referrals, post-trial support, and information about the criminal legal system and crime victims' rights.

Filing a Complaint about a Nursing Home or Adult Care Home

NC Division of Health Service Regulations: 919-855-3750, 800-624-3004

www.ncdhhs.gov/dhsr

2711 Mail Service Center, Raleigh, NC 27699-2711 (*Complaint Intake*)

2719 Mail Service Center, Raleigh, NC 27619-2719 (*Health Care Personnel Investigations*)

9:00am-4:00pm; Monday-Friday (*Complaint Hotline*)

Complaint Intake is available to receive complaints regarding the care and services provided to patients by health care facilities/agencies/homes licensed by the Division of Health Service Regulation. Health Care Personnel Investigations operates under state and federal laws investigating abuse, neglect, misappropriation of property, diversion of drugs & fraud against unlicensed health care workers & lists allegations and substantiated findings on the Nurse Aide and/or Health Care Personnel Registries.

Triangle J Council of Governments: 919-549-0551
www.tjcog.org Email: tjcog@tjcog.org
4307 Emperor Boulevard, Suite 110, Durham, NC 27703
Serves: Durham, Chatham, Johnston, and Wake Counties.

Levin & Perconti Attorneys at Law: 312-332-2872
www.levinperconti.com/nursing-home-abuse/
Nationally renowned law firm that specializes in helping senior citizens who have been subjected to negligent conditions and nursing home abuse. Some of the specific types of nursing home abuse cases we assist with include things like bedsores, malnutrition, medication errors and many more.

Filing a Complaint about a Physician

NC Medical Board: 919-326-1109, 919-326-1100, 800-253-9653
www.ncmedboard.org
3127 Smoketree Court, Raleigh, NC 27604
8:00am-5:00pm, Monday- Friday
Regulates medicine and surgery for the benefit and protection of the people of North Carolina.

Filing a Complaint about Patient Care (Duke)

Duke Patient and Visitor Relations: 919-681-2020
www.dukehealth.org/hospitals/duke-university-hospital/contact-us
Email: patientvisitorrelations@dm.duke.edu
A patient or visitor may compliment an employee or share a concern regarding care received at Duke Hospital or Duke Clinic.

Duke Regional Hospital Patient Advocacy / Help Line: 919-470-4747
www.dukehealth.org/hospitals/duke-regional-hospital/contact-us
A patient or visitor may express concerns about the care provided at Duke Regional Hospital by calling the Patient Help Line.

Crime and Fraud

Resources listed below are intended to help you determine how to report crime or fraud if you or someone you know experiences it, including crime or landlord/tenant complaints. *Resources in the section above may be useful if you or someone you know needs to report consumer concerns such as fraudulent or unethical business practices.*

Reporting a Crime

Police / Emergency Number: 911
602 E. Main St, Durham, NC 27701
24hrs, everyday

Police / Non-Emergency Number: 919-560-4600, 919-560-4601
durhamnc.gov/149/Police-Department
602 E. Main St, Durham, NC 27701
24hrs, everyday

Crime Stoppers: 919-683-1200
durhamcrimestoppers.org/
P.O. Box 62331 Durham, NC 27715 (*mailing address*)
24hrs, everyday

Crime Stoppers is a tip line that gives tipsters an avenue to report criminal activity anonymously. It is a partnership between the community, the media, law enforcement agencies, and businesses working together to solve crime. Callers are encouraged, via cash rewards and a promise of anonymity, to provide information leading to the arrest of suspected criminals.

Property & Evidence Unit: 919-560-4442
www.durhamnc.gov/215/Criminal-Investigation-Division
921 Holloway Street, Durham, NC 27701
1:00pm-3:00pm, Monday; 9:00am-3:00pm, Tuesday & Thursday; 9:00am-12:00pm, Wednesday (*by appointment*)

The Property Unit functions as a restricted-access central repository for evidence seized or collected by officers or identification technicians, recovered or stolen property, and found property. You must bring a valid identification card in order for the property to be released to you.

Local FBI Field Office (Charlotte Office): 704-672-6100
24hrs, everyday
Covers the entire state of North Carolina.

Durham Police Department Cold Case Sexual Assault 919-560-4440 ext. 29461
(Investigator: *H.Brown*); 919-560-4440 ext. 29347 (Victim Advocate: *Tammy Tavaréz*) www.durhamnc.gov/4411/Cold-Case-Sexual-Assault-Unit

The Durham Police Department's Cold Case Sexual Assault Unit investigates sexual assault incidents related to the SAKI Cold Case Grant Project. This involves cases that are dated before December 31, 2017. They provide a trauma-centered approach during the investigation, prosecution, and overall process of the case for survivors of sexual assaults.

Fraud, Waste, Abuse Investigation Services Hotline: 919-560-4213 ext. 14243

<https://www.durhamnc.gov/2952/Fraud-Waste-Abuse-Investigation-Services>

Allows City employees and residents to voice concerns about unethical behavior they may have witnessed.

National Elder Fraud Hotline: 1-833-FRAUD-11 (1-833-372-8311)

<https://ovc.ojp.gov/program/stop-elder-fraud/providing-help-restoring-hope>

Free resource created by the US Department of Justice for victims of crime

Monday – Friday 10:00am – 6:00pm

Homeowner/Tenant Rights

City of Durham Community Development Department: 919-560-4570

durhamnc.gov/445/Community-Development

516 Rigsbee Ave, Durham, NC 27701

Fosters safe, decent, and sustainable neighborhoods while enhancing housing quality and affordability for the citizens of Durham.

Legal Aid of North Carolina: 919-688-6396, 866-219-5262

www.legalaidnc.org

201 W. Main Street, STE 400, Durham, NC 27701

8:30am-1:30pm, Mon- Thurs; reopens @5:30pm-8:30pm, Mon & Thurs

Provides free legal services in civil matters to low-income people in order to ensure equal access to justice and to remove legal barriers to economic opportunity.

Reinvestment Partners: 919-683-1185, 919-677-1000

www.reinvestmentpartners.org

110 E. Geer Street, Durham, NC 27701

9:00am-5:00pm, Monday- Friday

Advocates for change in the lending practices of financial institutions to promote wealth building of underserved communities and to end predatory lending practices.

Landlord Complaints

City of Durham Human Relations Commission: 919-560-4107 ext. 34277

www.durhamnc.gov

807 E. Main Street Building 2, 3rd Floor Conference Room, Durham, NC 27701

7:00pm, 1st Tuesday of Each Month

Provides forums, workshops, conferences, 1-on-1 interventions, and other activities with 1 goal in mind: To improve human relations among the people of Durham.

Legal Aid of North Carolina – Housing Helpline: 877-201-6426

<https://legalaidnc.org/cta/housing-helpline/>

201 W. Main Street, STE 400, Durham, NC 27701

8:30am-1:30pm, Monday - Thursday

Helps with eviction, landlords refusing rental assistance, mobile home evictions, public and subsidized housing lease terminations, repairs & maintenance, etc.

NC Bar Association: 919-677-0561, (*Referral:* 800-662-7407)

www.ncbar.org

8000 Weston Parkway, Cary, NC 27513

9:00am-5:00pm, Monday- Friday

Serves the public and the legal profession by promoting the administration of justice and encouraging the highest standards of integrity, competence, civility, and well-being of all members of the profession.

North Carolina Department of Justice (NC DOJ): 919-716-6400

<https://ncdoj.gov>

114 W. Edenton St, Raleigh, NC 27603

8:00am-5:00pm, Monday- Friday

Complaints about landlord/tenant issues.

Unsafe/ Substandard Housing/Code Violations

City of Durham Community Development Department: 919-560-4570

durhamnc.gov/445/Community-Development

516 Rigsbee Ave, Durham, NC 27701

Fosters safe, decent, and sustainable neighborhoods while enhancing housing quality and affordability for the citizens of Durham.

Durham County Government: 919-560-4144

www.dconc.gov/

200 E. Main St, Durham, NC 27701

8:30am-5:00pm, Monday- Friday

Provides permit, plan review, and inspection services for the county of Durham.

Employment

Resources below may be useful to you as you consider employment options, such as moving into the workplace after an absence.

General Job Search Information

AARP Work and Retirement: 888-687-2277

www.aarp.org/work

8:00am-8:00pm, Monday- Friday

Provides resources for people who are age 55 and over to obtain new job knowledge and enhance skills.

ZipRecruiter

www.ziprecruiter.com

We empower job seekers with the tools they need to stand out and get hired. Like a personal recruiter, we track down relevant opportunities in our marketplace, proactively pitch job seekers to hiring managers at top companies and deliver status updates along the way.

Indeed

<https://www.indeed.com>

Indeed strives to put job seekers first, giving them free access to search for jobs, post resumes, and research companies.

NCWorks Career Center: 919-560-6880, 855-629-6757

www.ncworks.gov Email: DurhamCounty@NCWorks.gov

1105 S. Briggs Avenue, Durham, NC 27703

8:30am-5:00pm, Monday- Thursday; 8:30am-1:00pm, Friday

Provides employment planning, community resource referrals, job matching, career fairs and hiring events, career assessment and counseling, etc.

Employment Assistance

NC Department of Commerce Division of Employment Security: 919-814-4600

www.commerce.nc.gov/about-us/divisions-programs/employment-security-division

301 N. Wilmington Street, Raleigh, NC 27601

Provides employment services, unemployment insurance, and labor market information to North Carolina workers, employers, and the public.

Part-Time Employment

National Caucus and Center on Black Aging, Inc.: 202-637-8400

www.ncba-aged.org Email: contact@ncba-aging.org

1220 L St N.W. Suite 800, Washington DC, 20005

Provides part-time work experience and training in community service for low-income persons over the age of 55.

Elder Abuse, Neglect, Exploitation and Domestic Violence

North Carolina General Statutes state that a disabled adult aged 18 years or older “shall be in need of protective services if that person, due to physical or mental incapacity, is unable to perform or obtain for himself [herself] essential services and, if that person is without able, responsible, and willing persons to perform or obtain for him [her] essential services.” North Carolina General Statutes further require that “any person having reasonable cause to believe that a disabled adult is in need of protective services, shall report such information” to the County Department of Social Services. Reports can be made anonymously, and DCSL Staff can assist in making referrals.

Department of Social Services Adult Protective Services: 919-560-8000

www.ncdhhs.gov/divisions/aging-and-adult-services/adult-protective-services

414 E. Main Street, Durham, NC 27701

7:30am-5:30pm, Monday- Friday

Assesses reports of abuse, neglect, or exploitation of elderly or disabled adults. Services may include guardianship, adult day care or in-home aides to assure safety.

Durham Crisis Response Center: *24 Hour Crisis Line: (English)* 919-403-6562 or *(Español)* 919-519-3735, 919-403-9425 *(Office)*

www.durhamcrisisresponse.org Email: info@thedcrc.org

101 E. Morgan St, Durham, NC 27701

8:30am-5:00pm, Monday- Friday

Provides comprehensive shelter and support services in the Durham area, including counseling, legal advocacy, support groups, and shelter to survivors and their families in the aftermath of domestic or sexual violence.

Police Department Emergency: 911

602 E. Main St, Durham, NC 27701

24hrs, everyday

Elna B. Spaulding Conflict Resolution Center: 919-680-4575

www.crc-mediation.org Email: info@crc-mediation.org

510 South Dillard Street, Suite 2000, Durham, NC 27701

Assists domestic violence victims through mediation and conflict resolution.

National Center on Elder Abuse (at the Tech School of Medicine at the University of Southern California): 1-855-500-3537

To report elder abuse or abuse in a nursing home or long-term care facility, call NCDHHS 800-662-7030

ncea.acl.gov/ Email: ncea-info@acl.hhs.gov

Directed by the U.S. Administration on Aging, the National Center on Elder Abuse is committed to helping national, state, and local partners to be fully prepared to ensure that older Americans will live with dignity, integrity, independence, and without abuse, neglect, and exploitation.

NC Coalition against Domestic Violence: 919-956-9124

www.nccadv.org

3710 University Drive, Suite 300, Durham, NC 27707

Creates social change through the elimination of the institutional, cultural, and individual oppressions that contribute to domestic violence.

Financial Counseling

A financial broker is an expert in financial matters, providing services to both companies and individuals. Services can include personal financial planning, life and serious illness insurance coverage, income protection, health insurance, savings, investments, pensions, retirement planning, business financial planning, inheritance tax planning, mortgages, and commercial finance.

Certified Financial Planners Board of Standards: 800-487-1497

www.cfp.net Email: mail@cfpboard.org

8:30am-6:00pm, Monday- Friday

On-line Locator service to find a Certified Financial Planner.

Homeland Estate and Financial Services: 919-679-4337

<https://hefs-nc.com> Email: steve@hefs-nc.com

3626 Shannon Rd, Suite 104, Durham, NC 27707

8:00am-6:00pm, Monday- Friday

Services: credit and financial protection, guaranteed income, taxes and deductions, business planning, ira exit strategy, etc.

HPF Hope Hotline: 888-995-4673

www.995hope.org

The purpose of this organization is to help homeowners avoid foreclosure.

Legal Aid of North Carolina: 919-688-6396, 800-331-7594

(*Senior Law Project: 877-579-7562*) (*Legal Aid of NC-Helpline: 866-219-5262*)

www.legalaidnc.org

201 W. Main Street, Suite 400, Durham, NC 27701

8:30am-1:30pm, Mon- Thurs; reopens @5:30pm-8:30pm, Mon & Thurs

Provides free legal services to low-income individuals to ensure equal access to justice and remove barriers to economic opportunities. Individuals, families, and communities are helped with legal problems affecting basic human needs, such as housing, employment, and income. Ask about the *Mortgage Foreclosure Project*.

National Association of Personal Financial Advisors: 847-483-5400, 888-333-6659

www.napfa.org Email: info@napfa.org

U.S. Financial Literacy and Education Commission: 888-696-6639, 800-333-4636

www.mymoney.gov

Provides information on budgeting and retirement planning.

Free Credit Report – apart of Experian

www.freecreditreport.com

Provides consumers with quick, easy, and inexpensive access to their credit histories.

How to handle credit card frauds & what to look for.

<https://upgradedpoints.com/credit-cards/30-credit-card-scams-to-avoid/>

Financial and Legal Preparations

Resources below are intended to support you as you plan legally and financially. *More information about planning can be found in Section 5 (Planning Ahead).*

Advanced Directives and Other Services

Legal Aid of North Carolina: 919-688-6396, 800-331-7594 (*Senior Law Project: 877-579-7562*)

www.legalaidnc.org

201 W. Main Street, Suite 400, Durham, NC 27701

8:30am-1:30pm, Mon- Thurs; reopens @5:30pm-8:30pm, Mon & Thurs

Provides free legal services to low-income individuals to ensure equal access to justice and remove barriers to economic opportunities.

NOLO Self Help Law Center: 800-728-3555

www.nolo.com

5:00am-2:00pm, Monday- Friday

Free legal information, law books, legal software, legal forms, and lawyer directory.

NC Department of the Secretary of State: 919-814-5400

www.sosnc.gov

2 S. Salisbury St, Raleigh, NC 27601

8:00am-5:00pm, Monday- Friday

Advanced Health Care Directive Registry. Services: file a UCC, search for a UCC, search for a federal tax lien, etc.

Elder Law and Estate Attorneys

Carolina Estate Counsel: 919-656-2959, 919-741-6565

www.carolinaestatecounsel.com

5540 Centerview Drive, Suite 200, Raleigh, NC 27606

Email: kevin@carolinaestatecounsel.com (*Kevin Huston, Elder & VA Attorney*)

Offers elder law, veterans aid & attendance pension, trust administration, business law, guardianship Medicaid & Medicare, etc.

Law Offices of Douglas E. Koenig, PLLC: 919-883-2800, 984-234-5550

Email: info@dougkoeniglaw.com

2530 Meridian Parkway, Suite 300, Durham, NC 27713

10:00am-5:00pm, Monday & Thursday; 10:00am-7:00pm, Tuesday- Wednesday;

10:00am-3:00pm, Friday

Offers assistance related to elder law, estate planning, and special needs trusts.

Walker Lambe, PLLC: 919-493-8411

www.walkerlambe.com

240 Leigh Farm Road, Suite 100, Durham, NC 27707

8:30am-5:30pm, Monday- Friday

Provides estate planning, elder law, testimonials, business law, probate, etc.

Retirement

AARP: 888-687-2277 (TTY: 877-434-7598; *Español:* 877-342-2277)

www.aarp.org/money/retirement

8:00am-8:00pm, Monday- Friday

Provides assistance in retirement savings and creating retirement plans.

Choose to Save:

www.choosetosave.org/calculators

Retirement calculator and many different tools are provided on-line.

Federal Deposit Insurance Corporation: 877-275-3342

www.fdic.gov/consumers/consumer/moneysmart/index.html

Email: communityaffairs@fdic.gov

The Money Smart program may be used by financial institutions and other organizations interested in sponsoring financial education workshops.

Future Planning Services, LLC: 919-451-9223

www.futureplanningservices.com Email: info@futureplanning.net

5011 Southpark Drive, Suite 240, Durham, NC 27713

Provides help to pre-plan and pre-fund for end-of-life events.

Social Security Administration: 800-772-1213

www.ssa.gov/retire2

7:00am-7:00pm, Monday- Friday

Retirement Planner available online application for Social Security benefits.

U.S. Financial Literacy and Education Commission: 888-696-6639, 800-333-4636

www.mymoney.gov

Offers federal financial literacy & education programs, grants, and other information.

Women's Institute for a Secure Retirement(WISER): 202-393-5452

www.wiserwomen.org Email: info@wiserwomen.org

Provides retirement and estate planning information.

Reverse Mortgages

Reverse Mortgage/Home Equity Conversion Mortgage Counseling

Reverse mortgage is a loan secured by home equity that does not need to be repaid until the end of the loan term, which is usually when the homeowner can no longer occupy the home as a principal residence, sells the home, or dies. According to a North Carolina statute, you are required to receive counseling from a state-certified housing counselor who will help you understand. If you receive a reverse mortgage, you are still responsible for maintenance, insurance and taxes for the home. To qualify for a reverse mortgage, you and any co-borrower must be at least 62 years old, must own your home, have a very low outstanding debt, and must occupy the home as your primary residence.

Bank of England/ENG Lending: 919-510-5991, 800-423-0847

www.boereversemortgage.com/ Email: reverseloans@boemortgage.com

4004 Barrett Dr. Ste. 201 Raleigh, NC 27609

Approved by the NC Commissioner of Banks, specializing in helping seniors and their families decide if reverse mortgage is appropriate for their unique situation.

Selecting an Attorney

American Bar Association: 800-285-2221 (*ABA Service Center Hotline*)

www.americanbar.org Email: Service@americanbar.org

9:00am-6:00pm, Monday- Friday

National Academy of Elder Law Attorneys: 703-942-5711

www.naela.org

9:00am-5:00pm, Monday- Friday

Provides resources to find a lawyer and hiring a NAELA attorney.

NC Bar Association Lawyer Referral Service: 919-677-8574, 919-677-0561

www.ncbar.org

8000 Weston Parkway Cary, NC 27513

9:00am-5:00pm, Monday- Friday

lawyer referral, government affairs, NC legal jobs, pro bono public service, BarCARES, Fastcase, center for practice management, expert series CLE, and more.

Social Security, Supplemental Security Income (SSI), And Retirement Benefits

Resources listed below are intended to help you find information about your Social Security and Retirement Benefits.

Benefits.gov:

www.benefits.gov

Provides information on over 1,000 benefit and assistance programs.

Benefits Checkup: 800-794-6559 (*helpline*)

www.benefitscheckup.org

8:00am-7:00pm, Monday- Friday

Find & enroll in federal, state, local & private programs that help pay for prescription drugs, utility bills, meals, health care and other needs.

Pension Benefit Guaranty Corporation (PBGC): 800-400-7242

www.pbgc.gov

8:00am-7:00pm, Monday- Friday

Guarantees “basic benefits” earned before your employer’s plan’s termination date and assists retirees in locating lost pensions.

Social Security Administration: 888-759-3908, 800-772-1213 (*National Line*)

www.ssa.gov

7:00am-7:00pm, Monday- Friday (*National Line*)

Services are through a network of offices that meet the changing needs of the public. Seniors may apply for Social Security benefits, Medicare, and Disability benefits.

Taxes

Resources listed below are intended to help you find information about your taxes.

General Tax Information and Assistance

Durham County Tax Administration Office: 919-560-0300

201 E. Main St, Durham, NC 27701

8:00am-5:00pm, Monday- Friday

Provides Property Tax Filing and Tax Exemption forms.

Internal Revenue Service (IRS): 800-829-1040, 844-545-5640 (*Office*)

www.irs.gov

7751 Brier Creek Pkwy, Raleigh, NC 27617

8:30am-4:30pm, Monday- Friday

Provides information and forms for filing federal taxes.

NC Department of Revenue: 877-252-3052 (*General Info*), 877-252-4052 (*Individual Income Tax Refund Inquiry*)

www.ncdor.gov/

Provides information and forms for filing state taxes.

Volunteer Income Tax Assistance (VITA): 919-536-7247 ext. 5301, 888-227-7669

www.durham.nc.networkofcare.org

Free seasonal assistance with income tax filing offered at several locations.

Property Tax Relief for Elderly and Disabled

Durham County Tax Administration: 919-560-0300

201 E. Main St, Durham, NC 27701

8:00am-5:00pm, Monday- Friday

Provides Property Tax Filing and Tax Exemption forms.

Durham Low-Income Homeowners Relief Program (LIHR): 919-560-8000

www.dconc.gov/DSS

This program will provide property tax help on current taxes for eligible homeowners.

Senior Discounts!

Below you will find Senior Citizen discounts (usually ages 55+) for retail, grocery, restaurants, leisure activities, and transportation services.

Retail

Retailer	Discount	In-store or Online	Eligibility	Discount Days
Amazon Prime	50% off Prime Membership	Online	Must be a qualifying government assistance recipient, including SSI and SNAP	Every day
Bealls Coast2Coast Rewards	10% off your purchase	In-store	No age requirement	Tuesdays
Big Lots Big Rewards	Cash-back rewards, VIP shopping day discounts	In-store and/or Online	Must create a Big Lots account	Every day
CVS Extra Care	Earn 2% back in Extra Bucks Rewards every time you use your Extra Care card	In-store or Online	CVS Extra care Card Member	Every day
CVS Veterans Advantage	20% off your purchase	Online	VetRewards member	Every day
Home Depot	Price match guarantee	In-store or Online	No age requirement	Every day
Goodwill Senior Savings Day	10% off your purchase	In-store	60+ years	Tuesdays
JOANN Senior Discount Day	20% off your purchase	In-store	55+ years; must present a state-issued photo ID upon checkout to receive discount	Check your local JOANN store for their senior day schedule (differs by location)
Kohl's	15% off your purchase	In-store	60+ years; must present a state-issued photo ID	Wednesdays

Lowe's Veteran Program	10% off your purchase	In-store and Online	Military Veterans must first enroll online; valid photo ID required at checkout	Everyday
Ross Dress for Less 55+ Program	10% off your purchase	In-store	55+ years; must provide a photo ID at checkout	Tuesdays
Michaels	10% off your purchase	In-store and Online	55+ years; must create a Michaels Rewards	Every day
Red, White, and Blue Thrift Stores Senior Citizens	50% off your purchase	In-store	55+ years	Wednesdays
Rite Aid wellness 65+	Earn 5x points, in-store purchases that day. Free pharmacist consultation to review medications, immunization needs, blood pressure screening, and Medicare Part D questions.	In-store	65+ years; must enroll in-store for the wellness65+ and be a wellness+ member.	First Wednesday of each month
Savers	Percentage off depends on store location (call your local store)	In-store	55+ years	Tuesdays
Tanger Outlets	Free Tanger coupon book with up to \$1,000 in savings	In-store	AARP member	Every day
Walgreens Seniors Day	20% off eligible items and cash rewards	In-store and Online	55+ years or an AARP member, must create a myWalgreens account	Check your local Walgreens for their Senior Day schedule

Grocery

Grocery Store	Discount	Eligibility	Discount Availability
AMCE Markets	Savings each week in coupons and deals; earn points and redeem awards for discounts on gas/grocery	Just for U reward card member	Every Day
Albertsons	Savings each week in coupons and deals; earn points and redeem awards for discounts on gas/grocery	Just for U reward card member	Every day
Food Lion	Personalized Savings and ways to earn rewards each month	MVP Card member (can apply in-Store)	Every day
Fred Meyer	Save 10% on Select Items	55+ Years	First Tuesday of the Month
Harris Teeter	Save 5% on Your Purchase	60+ years	Every Thursday
New Seasons Market	Save 10% on most items	65+ Years	Every Wednesday
Publix	Savings each week with coupons and deals	Club Publix reward card member	Every day
Safeway	Savings each week in coupons and deals; earn points and redeem awards for discounts on gas/grocery	Just for U reward card member	Every day

Restaurants

Restaurant	Discount	Eligibility
Bubba Gump Shrimp Company	Save 10% on food and non-alcoholic beverages	Present AARP card at checkout
Bonefish Grill	Save 10% on food and non-alcoholic beverages	Present AARP card at checkout
Bruster's	Save 25 cents per purchase	60+ years and a Bruster's kid at heart card
Carraba's Italian Grill	Save 10% on food and non-alcoholic beverages	Present AARP card at checkout
Chart House	Save 10% on food and non-alcoholic beverages	Present AARP card at checkout
Corner Bakery Cafe	Save 10% off your check	Present AARP card at checkout
Denny's	Save 15% off your check; dine from Denny's 55+ menu	Present AARP Card to save 15%; 55+ for the senior menu
El Pollo Loco	Save 10% (up to \$1)	60+ Years
IHop	Dine from IHop's 55+ menu	55+ years
Joe's Crab Shack	Save 10% on food and non-alcoholic beverages	Present AARP card at checkout
Landry's Seafood	Save 10% on food and non-alcoholic beverages	Present AARP card at checkout
Landry's Inc. Restaurants	Save 10% on food and non-alcoholic beverages	Present AARP card at checkout
Luby's	Senior Luann Special \$7.99 – 3 p.m. to close	No requirements
McCormick & Schmick's	Save 10% on food and non-alcoholic beverages	Present AARP card at checkout
McDonald's	Discounted or free coffee at participating	55+ years
Perkins	Dine from Perkins' 55+ menu at participating locations	55+ years

Outback Steakhouse	Save 10% on food and non-alcoholic beverages	Present AARP card at checkout
Rainforest Cafe	Save 10% on food and non-alcoholic beverages	Present AARP card at checkout
Saltgrass Steak House	Save 10% on food and non-alcoholic beverages	Present AARP card at checkout
The Oceanaire Seafood Room	Save 10% on food and non-alcoholic beverages	Present AARP card at checkout

Leisure Activities

Company	Discount	Eligibility	Discount Availability
AMC Theatres	Discounted movie tickets at select locations	60+ years	Every day
Ancestry	Save 30% on a World Explorer or All Access	AARP Member	Every day
Cinemark Theatres	Discounted movie ticket for Senior's Day and the Early Bird special	62+ years for Senior's Day	Contact your local theater for their designated Senior's Day
Marcus Theatres and Movie Tavern	Young at Heart special: \$6.00 for any show that starts before 5:30 p.m.	60+ years	Every Friday
National Parks America the Beautiful Senior Pass	\$20 annual park pass, or \$80 lifetime park pass provides admittance to more than 2,000 recreation sites	62+ years; must provide proof of age and residency or citizenship. A \$10 fee applies to passes bought online or by mail	Every day
Regal Cinemas AARP Movie Tickets	Save up to 20% on Regal ePremiere tickets purchased online	AARP member	Every day

Regal Cinemas Senior Citizen Movie Tickets	Discounted movie tickets at select locations	60+ years	Every day
Regal Cinemas Concession	\$3 off popcorn and soda combo	AARP member and Regal Crown Club member; must present both cards at the time of purchase	Every day
Silver Sneakers	Free healthy living and fitness classes at over 17,000 fitness locations	65+ years and a member of select Medicare or other health plans	Every day
Showcase Cinemas	Discount admission at select theaters; popcorn and soda for \$4.50	60+ years	Every Wednesday
Ticketmaster	Save on tickets to select shows and events	AARP member	Every day

Transportation Services

Transportation	Discount	Eligibility
Amtrak	Save 10% on most rail fares on most Amtrak trains	65+ years
Delta Airlines	Senior discounts are available for limited itineraries	Call Delta's customer care at (800) 221-1212 to find out if your flight is eligible for the discounted fare
Greyhound	Senior discounts are available for specific destinations and dates	62+ years
United Airlines	Save on senior fares to select travel destinations	65+ years

Section 4: Housing Options

Independent Living Support Services

Many older and disabled adults can live independently. However, some may need assistance in order to continue living in their own home. Listed below are resources that may help disabled adults continue living independently.

Emergency Response Systems

ADT Home Health Security Services: 919-439-1743

www.adt.com

2700 Perimeter Park Dr, Morrisville, NC 27560

8:00am-4:00pm, Monday- Friday

Offers energy management, fire and smoke monitoring, home security systems, etc.

Carolina Medical Alerts: 919-479-6050

4220 NC Hwy 55 #335, Durham, NC 27713

9:00am-5:00pm, Monday- Friday

Medical alert buttons are provided for easy and fast access to medical attention.

First Security Service, Inc.: 919-383-7610, 800-446-8602

www.firstsecurityserviceinc.com/ Email: kimc@firstsecurityserviceinc.com

4319 Western Park Pl, Durham, NC 27705

8:00am-5:00pm, Monday- Friday

Provides residential security, remote services, fire alarm installation, & access control.

Guardian Medical Monitoring: 888-349-2400

www.guardianmedicalmonitoring.com

8:30am-5:00pm, Monday- Friday

Provides home security, home life safety, and home automation.

Life Aid Medical Alert: 800-998-2400

www.lifeaid.com/

24hrs, everyday

Provides medical alert buttons for easy and fast access to medical attention.

LifeFone Medical Alert System: 800-882-2280, 877-330-3658

www.lifefone.com Email: info@lifefone.com

24hrs, everyday

Medical alert buttons are provided for easy and fast access to medical attention.

Home Repairs/Modifications

When doing home repairs and modifications, remember:

- Never let a door-to-door salesman into your home unless you know him or her.
- It is never wise to sign a contract for any service until you get recommendations from someone who has used the repair service for a similar project.
- Check to be sure the repair service is licensed and bonded.
- Check with the Better Business Bureau about the repair services' record.

City of Durham Community Development Department: 919-560-4570

durhamnc.gov/445/Community-Development

516 Rigsbee Ave, Durham, NC 27701

8:00am-4:30pm, Monday- Friday

Enhancing housing quality and affordability for the citizens of Durham.

Durham Habitat for Humanity: 919-682-0516

www.durhamhabitat.org

215 N. Church Street, Durham, NC 27701

9:00am-4:00pm, Monday- Friday

Builds and repairs homes. Serves Durham county.

Durham Minor Home Repair Program

Email: repairs@durhamhabitat.org

<https://www.durhamnc.gov/489/Home-Repair-Rehabilitation>

Funded by the City of Durham and facilitated By Habitat for Humanity of Durham. This program is intended to help Durham low-income homeowners to correct substandard housing conditions, which pose an imminent threat to life, safety or accessibility.

Hope Renovations: 919-960-1957

www.hoperenovations.org Email: info@hoperenovations.org

Office Address: 3 Bolin Heights Chapel Hill, NC 27514

Workshop Address: 502A North Greensboro Street Carrboro, NC 27510

Offer assistance with small to mid-size repairs, modifications, home assessments, and renovations for adults 55+ in order to remain safe in their home and independent. Adults 55+ may qualify for reduced pricing or free services if you qualify.

Hands Helping Others: 919-491-4299

www.handshelpingothers.com Email: handshelpingothersministry@gmail.com

Serves seniors, adults, handicap and single moms with minor home repairs.

Rebuilding Together of the Triangle, INC: 919-341-5980
www.rrtriangle.org Email: info@rebuildingtogethertriangle.org
2201 Brentwood Road Suite 109, Raleigh, NC 27604

Resources for Seniors – Weatherization Program: 919-872-7933 or 919-713-1570
www.resourcesforseniors.org/services-weatherization/
This program is for home repair and adaptations serving Wake and Durham County to provide assistance with roofing, repair to heating and cooling systems, prevent draft and air leaks, and help to replace existing lighting with energy efficiency bulbs.

Independent Living Supports and Special Equipment for the Home

Daily Phone Contact Hopeline, Inc.: 919-231-4525, 877-235-4525 (*Toll free*)
www.hopeline-nc.org
24hrs, everyday (*phone line*); 3:00pm-9:00pm, Monday- Friday (*text line*)
Brief “check-in” calls to senior citizens who are continuing to live independently with little or no daily contact with others.

Durham Center for Senior Life- Telephone Reassurance Program: 919-688-8247
www.dcsln.org Email: info@dcsln.org
406 Rigsbee Avenue, Suite 202, Durham, NC 27701
8:30am-5:00pm, Monday- Friday
Provides weekday calls to seniors who are homebound or may have limited contact with other people.

Vocational Rehabilitation Services: 919-560-6810, 888-666-4916
www.ncdhhs.gov/divisions/vocational-rehabilitation-services
4312 Western Park Place, Durham, NC 27705
8:00am-5:00pm, Monday- Friday
Provides medical equipment to disabled individuals to promote independent living.

Long Term Care

These resources are intended to support your search when considering housing options. Visit the Senior Housing Net to learn about programs that are available at <https://www.seniorhousingnet.com/advice-and-planning/guide-to-government-aid-for-seniors> or call 1-800-304-7152.

Assisted Living Communities

Assisted living facilities are for people needing assistance with Activities of Daily Living (ADLs) but wishing to live as independently as possible for as long as possible. Assisted living exists to bridge the gap between independent living and nursing homes. Residents in assisted living centers are not able to live by themselves but do not require constant care either. Many facilities also have centers for medical care; however, the care offered may not be as intensive or available to residents as the care offered at a nursing home. Assisted living is not an alternative to a nursing home, but an intermediate level of long-term care appropriate for many seniors.

Atria Southpoint Walk: 919-401-0100

<https://atriaseniorliving.com>

5705 Fayetteville Road, Durham, NC 27713

8:00am-8:00pm, Monday- Sunday

Brookdale Living (*Meadowmont*): 919-918-7600

www.brookdaleliving.com

100 Lanark Road, Chapel Hill, NC 27517

24hrs, everyday

Additional Number, Hours, & Location:

Brookdale Living (*Durham*): 919-479-9966

4434 Ben Franklin Boulevard, Durham, NC 27704

Brookdale Living (*Chapel Hill*): 919-929-5850

2220 Farmington Drive, Chapel Hill, NC 27517

Brookdale Living (*North Raleigh*): 919-334-2222

1200 Carlos Drive, Raleigh, NC 27609

8:00am-5:00pm, Monday- Sunday

The Addison Durham Senior Living: 919-401-1101

<https://www.seniorlifestyle.com/property/north-carolina/the-addison/>

4713 Garrett Road, Durham, NC 27707

24hrs, everyday

Croasdaile Village: 919-384-2000 or 919-617-7453

www.croasdailevillage.com

2600 Croasdaile Farm Parkway, Durham, NC 27705

10:00am-5:00pm, Monday- Friday

Durham County Long Term Care: 919-560-8630 (*Matthew Thompson*), 919-560-8635 (*Avon Hymes*), 919-560-8494 (*Jo Ann Hooper*)
<http://longtermcare.durhamcountync.info/> Email: mthompson@dconc.gov
8:15am-5:30pm, Monday- Friday

Durham Ridge Assisted Living: 919-596-9464
www.drassistedliving.com
3420 Wake Forest Highway, Durham, NC 27703
9:30am-6:00pm, Monday- Friday

Eno Pointe Assisted Living: 919-479-5652
www.enopointe.com Email: info@enopointe.com
5600 N. Roxboro Road, Durham, NC 27712
24hrs, everyday

Seasons at Southpoint: 919-484-8518
www.phoenixsrliving.com/seasonsatsouthpoint/
1002 E. Highway 54, Durham, NC 27713
24hrs, everyday

Senior Guidance: 888-595-9101
<https://www.seniorguidance.org/>
8:30am-5:00pm, Monday- Friday

Assistedliving.org: 888-307-1103
www.assistedliving.org
PO Box 45629, Seattle WA 98145
24hrs, everyday

Spring Arbor: 984-646-0132
www.springarborliving.com
901 Spring Arbor Ct, Apex, NC 27502

Additional Numbers & Locations:
Spring Arbor of Cary: 984-305-3447
1705 Kildaire Farm Rd, Cary, NC 27511

Spring Arbor of Raleigh: 833-395-1291
1810 N New Hope Rd, Raleigh, NC 27604

Continuing Care Retirement Communities

Continuing Care Retirement Communities offer a continuum of care to older adults under a contract for the life of the resident, including independent living, assisted living, and skilled nursing care. Housing options consist of cottages, townhomes, and apartments with a variety of services, such as restaurant-style dining, crafts, fitness centers, beauty/barber shops, transportation services and other amenities.

Carol Woods: 919-968-4511, 800-518-9333

www.carolwoods.org

750 Weaver Dairy Road, Chapel Hill, NC 27514

8:30am-5:00pm, Monday- Friday

Carolina Meadows: 919-942-4014

www.carolinameadows.org

100 Carolina Meadows, Chapel Hill, NC 27517

6:00am-10:00pm, everyday

Croasdaile Village: 919-384-2000, 919-238-1159

www.croasdailevillage.com

2600 Croasdaile Farm Parkway, Durham, NC 27705

10:00am-5:00pm, Monday- Friday

The Cedars of Chapel Hill: 919-259-7000, 877-433-3669

www.cedarsofchapelhill.com

100 Cedar Club Circle, Chapel Hill, NC 27517

8:30am-5:00pm, Monday- Friday

The Forest at Duke: 919-490-8000, 984-231-8589 (*Main desk*)

www.forestduke.org

2701 Pickett Road, Durham, NC 27705

24hrs, everyday

Family Care Homes

Family Care Homes provide room and board, 24-hour supervision and services for clients needing assistance with activities of daily living and some health care needs.

Ramsgate Family Care Home: 919-477-6717, 919-360-1300

www.ramsgatefch.com Email: bcopela@hotmail.com

3676 Guess Road, Durham, NC 27705

Renaissance Care Home at Brier Creek: 919-914-1842

www.renaissancecarehome.com Email: info@renaissancecarehome.com

1306 Tamarisk Lane, Durham, NC 27703

Jones Family Care Home: 919-688-0526, 855-344-4048

2122 Overland Court Durham, NC 27704

Housing for Independent Seniors

Federally Subsidized and Affordable Rental Senior Housing

The North Carolina Fair Housing Act makes it illegal to discriminate in housing because of race, color, religion, sex, national origin, physical or mental handicaps, or family status (families with children).

Carver Creek Apartments: 919-471-7346, 919-471-6913

www.carvercreekdurham.com/en/

531 E. Carver Street, Durham, NC 27704

9:30am-5:30pm, Monday- Friday; 10:00am-4:00pm, Saturday

Durham Hosiery Mill Apartments: 919-682-4866

www.hallkeen.com/listing/durham-hosiery-mills

804 Angier Avenue, Durham, NC 27701

Durham Housing Authority: 919-683-1551

www.durhamhousingauthority.org

330 E. Main Street, Durham, NC 27701

8:30am-5:00pm, Monday- Friday

JFK. Towers: 919-477-9813

<https://jfktowers.com> Email: jfktowers@livemillennia.com

4900 N. Roxboro Road, Durham, NC 27704

8:00am-5:00pm, Monday- Friday

Lakeside Gardens: 919-484-0390

820 Martin Luther King Parkway, Durham, NC 27713

9:00am-4:00pm, Monday- Friday

Maple Court Apartments: 919-477-0571

www.voachesapeake.org/locations/maple-court-veterans-transitional-housing-program/ Email: contactus@voaches.org

207 Commons Boulevard, Durham, NC 27704
Volunteers of America Chesapeake & Carolinas support military veterans who are homeless with supportive services and permanent housing.

Maplewood Square: 919-402-1684

<https://dhic.org/property/maplewood-square/>

Email: maplewood-square@cmc-nc.com

1520 Chapel Hill Road, Durham, NC 27701

8:00am-5:00pm, Monday & Wednesday; 8:00am-12:00pm, Friday

Morehead Hills Apartments: 919-683-2713

<https://ccinvest.com/properties/morehead-hills-senior-apartments/>

Email: MoreheadHills@ccinvest.com

500 Cobb Street, Durham, NC 27701

10:30am-12:30pm, Monday- Friday; reopens @ 1:00pm-4:30pm, Monday- Friday

Morning Glory Senior Village: 919-667-9907

1107 Morning Glory Avenue, Durham, NC 27701

8:30am-5:00pm, Monday- Friday

Placement Services Senior Housing Consultants: 855-241-1699

www.seniorliving.org/placement-agencies/

Senior placement agencies work with older adults and their family members to determine what type of care is needed and what facilities are available.

Preiss-Steele Place: 919-479-5050

www.durhamhousingauthority.org/locations/detail/3112

500 Pickwick Tr., Durham, NC 27704

8:30am-5:00pm, Monday- Friday

Provides affordable housing apartments for low-income elderly citizens and disabled.

St. Joseph's Place: 919-682-9807

<https://everyage.org/our-communities/st-josephs-place/>

506 Hope Avenue, Durham, NC 27707

Veranda at Whitted School: 919-680-8900

200 E. Umstead St. Durham, NC 27707

10:00am-2:00pm, Mon, Wed & Fri; 2:00pm-6:00pm, Tues & Thurs

Durham Regent: 919-372-0472

<https://holidayseniorliving.com/retirement-communities/holiday-durham-regent-nc/>

3007 Pickett Road, Durham, NC 27705

7:30am-7:30pm, everyday

Emerald Pond: 919-629-0373

<https://holidayseniorliving.com/retirement-communities/holiday-emerald-pond-durham-nc/>

205 Emerald Pond Lane, Durham, NC 27705

7:30am-7:30pm, everyday

Bartlett Reserve: 919-361-1234

www.bartlettreserve.com/?utm_source=llm&utm_medium=organic&utm_campaign=local-listing

300 Meredith Drive, Durham, NC 27713

24hrs, everyday

J.J. Henderson: 919-287-4949

<https://ccinvest.com/properties/jj-henderson-senior-apartments/>

Email: jjhenderson@ccinvest.com

807 S. Duke Street, Durham, NC 27701

The Joyce: 984-377-6978

www.the-joyce.com

487 Morehead Avenue Durham, NC 27701

Monday – Friday 9:00am – 5:00pm (office hours)

One and two bedroom apartments for those 62+ by the Durham Bulls Athletic Park

Long-Term Acute Care Hospitals

Long Term Acute Care hospitals are different from acute care in nursing homes in that most cases are there for 20 days or more. Long term acute care provides medically complex treatment and may include weaning patients off ventilators, occupational, speech or physical therapy, pulmonary, critical care, and other rehabilitation. These hospitals provide aggressive care to patients who are ill, have few options left and need prolonged recovery time.

Select Specialty Hospital: 984-569-4040

<https://www.selectspecialtyhospitals.com>

3643 N. Roxboro St. 6th Floor, Durham, NC 27704

24hrs, everyday

A critical illness recovery hospital located on the sixth floor of Duke Regional.

North Carolina Specialty Hospital: 919-956-9300

<https://www.ncspecialty.com>

3916 Ben Franklin Blvd. Durham, NC 27704

24hrs, everyday

Offers general surgery, gynecology, ophthalmology, orthopedics, pain management, plastic surgery, podiatry, and urology.

PruittHealth (Carolina Point): 919-402-2450

<https://www.pruitthealth.com>

5935 Mount Sinai Road, Durham, NC 27705

24hrs, everyday

Can help you with the complex decisions you are facing now by providing a clear understanding of the short- and long-term care processes.

Additional Number, Hours & Location:

PruittHealth (Durham): 919-383-1546

3100 Erwin Rd, Durham, NC 27705

24hrs, everyday

Nursing Homes

Nursing home facilities provide care (usually long-term) of patients who are not sick enough to need hospitalization but need either rehabilitative care (to return home to independent living or supported living with family or assisted living facility) or need long term medical care due to chronic and disabling disorders.

Southpoint Rehabilitation and Healthcare Center: 919-544-9021

6000 Fayetteville Road, Durham, NC 27713

24hrs, everyday

The New Carver Rehabilitation & Living Center: 919-471-3558

www.carverlivingcenter.com Email: info@carverlivingcenter.com

303 E. Carver Street, Durham, NC 27704

24hrs, everyday

Croasdaile Village: 919-384-2516, 919-238-1159

www.croasdailevillage.com

2600 Croasdaile Farm Parkway, Durham, NC 27705

10:00am-5:00pm, Monday- Friday

Durham Nursing and Rehabilitation Center: 919-383-5521

www.durhamnursingrehab.com

411 S. LaSalle Street, Durham, NC 27705

9:00am-5:00pm, Monday- Friday

Hillcrest Convalescent Center: 919-286-7705

www.hillcrestnc.com Email: info@hillcrestnc.com

1417 W. Pettigrew Street, Durham, NC 27705

Treyburn Rehabilitation Center: 919-477-4474

www.treyburnrehabilitation.com

2059 Torredge Road, Durham, NC 27712

24hrs, everyday

Pettigrew Rehabilitation: 919-286-0751

www.pettigrewrehab.com

1515 W. Pettigrew Street, Durham, NC 27705

24hrs, everyday

Accordius Health at Rose Manor: 919-477-9805

www.rosemanorhc.com

4230 N. Roxboro Road, Durham, NC 27704

24hrs, everyday

The Cedars of Chapel Hill: 919-259-7000

www.cedarsofchapelhill.com

100 Cedar Club Circle, Chapel Hill, NC 27517

The Forest at Duke: 919-490-8000

<https://forestduke.org>

2701 Pickett Road, Durham, NC 27705

24hrs, everyday

PruittHealth (Carolina Point): 919-402-2450

<https://www.pruitthealth.com>

24hrs, everyday

5935 Mount Sinai Road, Durham, NC 27705

Can help you with the complex decisions you are facing now by providing a clear understanding of the short- and long-term care processes.

Additional Number, Hours & Address:

PruittHealth (Durham): 919-383-1546

24hrs, everyday

3100 Erwin Rd, Durham, NC 27705

Retirement and Independent Living Communities

Retirement Communities offer an independent lifestyle for older adults. Services can include shopping, social events, prepared meals, and transportation services. Retirement communities do not offer health care or assistance to older adults who are ill.

Atria Southpoint Walk: 919-401-0100

atriaseniorliving.com/retirement-communities/atria-southpoint-walk-durham-nc/

5705 Fayetteville Road, Durham, NC 27713

8:00am-8:00pm, everyday

Croasdaile Village: 919-384-2000 or 919-617-7453

www.croasdailevillage.com

2600 Croasdaile Farm Parkway, Durham, NC 27705

10:00am-5:00pm, Monday- Friday

Durham Regent Retirement Community: 984-742-7938

www.holidayseniorliving.com/retirement-communities/holiday-durham-regent-nc/

3007 Pickett Road, Durham, NC 27705

7:30am-7:30pm, everyday

Emerald Pond Retirement Community: 919-629-0373

holidayseniorliving.com/retirement-communities/holiday-emerald-pond-durham-nc/

205 Emerald Pond Lane, Durham, NC 27705

7:30am-7:30pm, everyday

The Gardens at Wakefield: 919-372-4809

holidayseniorliving.com/retirement-communities/holiday-gardens-at-wakefield-raleigh-nc/

12800 Spruce Tree Way, Raleigh, NC 27614

7:30am-7:30pm, everyday

Brookdale North Raleigh: 919-334-2222, 984-920-0498

www.brookdale.com/en/communities/brookdale-north-raleigh.html?cid=yext

1200 Carlos Drive, Raleigh, NC 27609

24hrs, everyday

The Cambridge at Brier Creek: 919-737-7000

www.cvsliving.com Email: briercreekinfo@cvsliving.com

7901 TW Alexander Drive, Raleigh, NC 27617

9:00am-5:00pm, Monday- Friday

Azalea Estates Gracious Retirement Living: 919-929-2160

<https://seniorlivinginstyle.com/azalea-estates/>

700 North Estes Drive, Chapel Hill, NC 27514

7:30am-7:00pm, everyday

Relocation and Transition Services

Resources in this section may be useful to you as you plan a move for yourself or a loved one.

Triangle Senior Moving: 919-522-4144

<https://triangleseniormoving.com/index.html>

Email: gayle@triangleseniormoving.com

Help seniors with downsizing, moving into a new home, they help with cleaning, liquidation, running errands, personal shopping, organizing, and decluttering.

Here to Home: 919-627-1442

www.here2home.com Email: catherine@here2home.com

To gracefully transition people who are downsizing or moving.

TROSA Moving: 919-419-1059

www.trosamoving.com Email: moving@trosamoving.com

700 Mallard Avenue, Durham, NC 27701

8:00am-5:00pm, Monday- Saturday

Offers professional packing, moving, and storage services for moves of all sizes and distances.

Carolina Relocation & Transition Specialist: 919-610-1888 (*Triangle*), 336-210-0140 (*Triad*)

www.carolina-RTS.com

9:00am-5:00pm, Monday- Friday

Explore home care maintenance concerns, recommend assistive technology, reduce home safety concerns, conduct home safety assessment, sorting and downsizing, home

staging, packing, relocation services, loading and unloading items, unpacking, organizing, arranging, and designing.

Move Elders with Ease: 919-218-4783

www.moveelderswithease.com Email: susan@moveelderswithease.com

3434 Edwards Mill Road, Suite 112-138, Raleigh, NC 27612

9:00am-6:00pm, Monday- Friday

Whether you are downsizing, moving, or simply getting organized, we handle the details so your life can flow smoothly and easily.

Make it Home – Senior Move Management & Rightsizing: 919-436-1071

www.makeithome.net Email: info@makeithome.net

9:00am-5:00pm, Monday- Friday

Planning for move, completing move, home and estate clear-outs, maintenance & repairs needed prior to listing your home, staging home for sale, utility transfers, etc.

Clutter Free: 919-630-7909

www.clutterfreenc.com

354 Mcghee Road Chapel Hill, NC 27517

Rental Assistance and Temporary Housing

The table below lists organizations that provide either Shelter Services or Rental Assistance. Contact DCSL Support Services if you would like assistance connecting with any of the following resources.

Organization	Shelter Services	Rental Assistance
Department of Social Services DAAS: Crisis Services 919-560-8000 414 E. Main Street, Durham, NC 27701 Provides a wide range of services for elderly and disabled adults seeking emergency assistance.	Call to make an appointment.	<i>You must bring:</i> - ID - Proof of Income - Bills needing assistance with - Expenses for past 30 days
Durham Crisis Response Center: Temporary Emergency Shelter 919-403-6562 (<i>English</i>), 919-519-3735 (<i>Español</i>) (<i>24-Hour Crisis Line</i>) durhamcrisisresponse.org 101 E. Morgan St, Durham, NC 27701 Temporary emergency shelter and 24-hour crisis	8:30am-5:00pm, Monday- Friday DCRC's emergency shelter gives women and children a safe and supportive	

line for victims of domestic violence and sexual assault. Also available: survivor's groups, case management, counseling, and legal advocacy. Spanish-speaking staff is available.	environment where they can begin to recover from the effects of domestic violence.	
Durham Rescue Mission 919-688-9641 www.durhamrescuemission.org 1201 E. Main Street, Durham, NC 27701 Programs: shelter for men, shelter for women & children, victory program, operation warm & cold shelter.	24hrs, everyday Provides 3 meals daily, clean clothing, safe shelter, employment assistance, financial planning, etc. <i>Requirements:</i> provide I.D, follow DRM rules, no sex offenders allowed, help out with chores.	
Freedom House (MEN ONLY) 919-425-5472 www.freedomhouserecovery.org/durham 529 Holloway St, Durham, NC 27701 Transitional housing for recovering substance abuse persons.	MEN ONLY	
Freedom House (WOMEN ONLY) 919-957-7386 www.freedomhouserecovery.org/durham 407 Salem Street, Durham, NC 27703 Transitional housing for recovering substance abuse persons and mental health.	WOMEN ONLY	
Genesis Home: 919-683-5878 300 N. Queen Street, Durham, NC 27701 Transitional housing for recovering substance abuse persons, families with children only. No single persons.	FOR FAMILIES WITH CHILDREN; NO SINGLE PERSONS	
Housing for New Hope (Dove House): 919-682-3777 1406 Holloway Street, Durham, NC 27703 Transitional housing for recovering substance abuse individuals. Emphasis on addiction recovery; vocational development, life skills.	WOMEN ONLY	
Salvation Army: 919-688-7306 https://southernusa.salvationarmy.org/durham-	8:00am-4:00pm, Monday- Friday	Call 7:30am-8:00am for an appointment.

orange-person/ 909 Liberty Street, Durham, NC 27701 Provides: emergency disaster services, hunger relief programs, and breaking the cycle of crisis.		Leave a voicemail with your name and contact information.
Second Mile Ministry Greystone Baptist Church: 919-286-3596 www.greystonechurch.com/2nd-mile 2601 Hillsborough Road, Durham, NC 27705 Services: counseling, food, and financial help with past-due bills for electricity, water, and rent to licensed landlords.		8:00am-5:00pm, Monday- Friday; 9:00am-12:00pm, Wednesdays Arrive on site between 7:00 and 7:30am (first 35 families are seen).
Urban Ministries Community Shelter: 919-682-0538 umdurham.org 410 Liberty Street, Durham, NC 27701 Shelter available for single men, single women, and nine units for families with children. Call ahead to see if a family unit is available.		<i>Intake Hours for Assessment & Referrals:</i> 8:30am-3:00pm, Monday-Friday <i>Evening & Weekend Hours:</i> 4:30pm-8:00pm
Urban Ministries Durham (Mission Society): 919-682-0538 umdurham.org 410 Liberty Street, Durham, NC 27701 Only single mothers with dependent children in the home, elderly over 62 and disabled persons; must provide proof of children and/or disability.		Call for appointment & leave a message. Must provide proof of children, age, or disability.

North Carolina State Oxford Houses: 919-395-8192

www.oxfordhousenc.org

www.oxfordvacancies.com – *House Vacancies & Contact List*

Transitional housing for recovering substance abuse persons. Oxford Houses are a clean and sober housing option for individuals in recovery, first established in Durham and Asheville in 1991. Individuals typically enter Oxford House after completing a drug and alcohol treatment program and are expected to participate in a recovery program in the community during their residence.

Oxford House Number & Address	Men Only	Women Only
Oxford House Amhurst Road: 919-237-3401 6420 Amhurst Road, Durham, NC 27713		X (& children)
Oxford House Brandon Road: 919-624-9855 915 Brandon Road, Durham, NC 27713	X	
Oxford House Central: 919-381-5075 1804 Primrose Place, Durham, NC 27707	X	
Oxford House Driver: 919-251-9385 3013 Oxford Drive, Durham, NC 27707	X	
Oxford House Durham: 919-251-9102 203 Pekoe Ave, Durham, NC 27707	X	
Oxford House Ferris: 919-237-2667 715 Ferris Road, Durham, NC 27704	X	
Oxford House Gardenview: 919-251-9831 8 Gardenview Place, Durham, NC 27713		X
Oxford House Stebor: 919-748-3636 2121 Stebor Street, Durham, NC 27705	X	
Oxford House Maynard: 919-294-8480 412 E. Maynard Avenue, Durham, NC 27704	X	
Oxford House McGehee Street: 919-294-4752 2411 Mc Gehee Street, Durham 27707	X	
Oxford House Morreene Road: 919-767-0099 518 Morreene Road, Durham, NC 27705	X	
Oxford House Peace Street: 919-381-6647 2815 Wyeth Ave, Durham, NC 27707	X	
Oxford House Shirley Street: 919-237-2694 2510 Shirley Street, Durham, NC 27705	X	
Oxford House Spaulding: 919-237-1344 103 Erie Street, Durham, NC 27707	X	

Section 5: Planning Ahead

Emergency Preparedness

This section contains resources that may be useful as you plan in case of a personal emergency or natural disaster or begin to recover after experiencing one.

Disaster Preparedness Contacts

Duke Energy: 800-419-6356 (*report power outages*)

www.duke-energy.com/outages

If you see a fallen power line or safety hazard involving our equipment, call Duke Energy Progress or contact your local emergency services immediately.

Piedmont Electric Membership Corporation: 800-222-3107

pemc.coop/

If your power goes out, please let us know as soon as you can so we can work to restore it. If you see a downed power line, stay away from the line and anything it touches.

PSNC/Dominion Energy: 877-776-2427

www.psncenergy.com

If a gas leak occurs leave the area immediately, warn others to stay away, then call 911 and Dominion Energy NC.

Durham City Fire Department: 911 (*emergency*), 919-560-4242 (*non-emergency*)

durhamnc.gov/620/Fire-Department

Durham City Police Department: 911 (*emergency*), 919-560-4427 (*non-emergency*)

www.durhampolice.com

Durham County Emergency Management: 919-560-0660

www.dconc.gov/county-departments/departments=-a-e/emergency-management

8:30am-5:00pm, Monday- Friday

2422 Broad Street, Durham, NC 27704

Maintains the County Emergency Operations Plan. The coordinating agency for all emergency response/recovery force activity when the emergency operations plan is implemented.

Durham County Sheriff's Office: 911 (*emergency*), 919-560-0897 (*non-emergency*)
www.durhamsheriff.com/
510 South Dillard Street, Durham, NC 27701

Disaster Recovery

American Red Cross: 800-733-2767 (*main number*), 202-303-5214 (*national headquarters department directory*)
www.redcross.org/
4737 B. University Drive, Durham, NC 27707
Provides food and shelter for fire or natural disaster only.

Durham County Emergency Management: 919-560-0660
www.dconc.gov/county-departments/departments=-a-e/emergency-management
2422 Broad Street, Durham, NC 27704
8:30am-5:00pm, Monday- Friday
Maintains the County Emergency Operations Plan. The coordinating agency for all emergency response/recovery force activity when the emergency operations plan is implemented.

Federal Emergency Management Agency (FEMA): 800-621-3362 (*Helpline*), 202-646-2500
www.fema.gov Email: AskIA@fema.dhs.gov
FEMA's mission is to support citizens and is first responder to ensure that agencies build together, sustain, and improve the capability to prepare for, protect against, respond to, recover from, and mitigate all hazards during a disaster.

NC Department of Health and Human Services: 919-855-4800
www.ncdhhs.gov
101 Blair Drive, Raleigh, NC 27603
8:00am-4:00pm, Monday- Friday
Download the customizable Family Disaster Plan at:
www.ncdhhs.gov/document/dhhs-family-disaster-plan

Ready.gov: 800-621-3362, 800-462-7585 (*TTY*)
www.ready.gov
Offers disaster preparedness information for many different types of natural disasters.

End of Life Planning

This section contains resources that may be useful as you get your affairs in order to prepare for a possible personal emergency, or as you prepare yourself or your loved ones for the end-of-life process.

End of Life Planning

The Living Bank (Organ Donation): 800-528-2971, 713-961-9431

www.livingbank.org/ Email: cathleen@livingbank.org

Donating your organs can save lives! Anyone can be a donor, regardless of their age, race, or medical history, and all major religions in the United States support organ donations.

Hospice Services

Hospice care is provided by health professionals and volunteers giving medical, psychological, and spiritual support to help people who are dying have peace, comfort, and dignity. Hospice programs also provide services to support a patient's family.

3HC Hospice Services: 800-692-4442

www.3hc.org Email: info@3hc.org

Home health, nursing PTOT, speech therapy, home health aide, social work, hospice, and private duty.

Amedisys Hospice: 919-941-5793

www.amedisys.com

1005 Slater Road, Durham, NC 27703

8:00am-5:00pm, Monday- Friday

Provides 24/7 on-call trained professionals for urgent needs. If you're recovering from surgery or illness, or living with a chronic health condition, we can help you feel better in the comfort of home. Medicare, Medicaid, and private insurance plans usually cover the cost of home health care for eligible patients.

Duke HomeCare and Hospice: 919-620-3853

www.dhch.duhs.duke.edu

4321 Medical Park Drive, Suite 101, Durham, NC 27704

24hrs, everyday

Helps you and your family manage advanced medical conditions, whether you are recovering from treatment, need ongoing therapy, or require end-of-life support

Liberty Home Care and Hospice Services: 919-471-1368

<https://libertyhomecare.com>

3414 North Duke Street, Suite G, Durham, NC 27704

8:00am-5:00pm, Monday- Friday

Provides home health care, hospice care, and palliative care.

Transitions Life Care: 919-828-0890

www.transitionslifecare.org

250 Hospice Circle, Raleigh, NC 27607

24hrs, everyday

Provides physical, emotional, and spiritual care to those living with an advanced illness, their caregivers and those who have lost a loved one.

PruittHealth (Durham): 919-383-1546

www.pruitthealth.com

3100 Erwin Rd, Durham, NC 27705

24hrs, everyday

Can help you with the complex decisions you are facing now by providing a clear understanding of the short- and long-term care processes, while offering a customized solution to your individual health care needs.

Reliable Health Services Inc.: 919-596-9479

www.reliablehealthservices.com Email: info@reliablehealthservices.com

2634 Durham Chapel Hill Boulevard, Suite 204, Durham, NC 27707

9:00am-5:00pm, Monday- Thursday; 9:00am-1:00pm, Friday

Offers clients alternative to living facilities, nursing homes, and hospitals. You will be provided comprehensive and complete services, so that your loved ones have the best care, which will allow them to be comfortable in their own home environment.

Funeral Arrangements

Clements Funeral Home: 919-286-1224

www.clementsfuneralservice.com Email: info@clementsfuneralservice.com

1105 Broad Street, Durham, NC 27705

24hrs, everyday (*phone*)

A family owned and operated full-service funeral home for more than 50 years.

Cremation Society of the Carolinas: 919-571-3300, 800-993-5333 (*toll free*)

www.cremationsocietync.com Email: info@cremationsocietync.com

2205 E. Millbrook Road, Raleigh, NC 27604

24hrs, everyday (*phone*)

Services: pre-planning, flag retirement program, etc.

Ellis D. Jones and Sons Funeral Home: 919-688-1323

www.ellisdjones.com Email: info@ellisdjones.com

419 Dowd Street, Durham, NC 27701

24hrs, everyday (*phone*)

Funeral services, cremation services, memorial services, and specialty services.

Hall-Wynn Funeral Services and Crematory: 919-688-6387

www.hallwynne.com/

1113 W. Main Street, Durham, NC 27701

24hrs, everyday (*phone*)

Provides burial services, cremation services, and green burial services.

Hanes Funeral Home: 919-598-9968

www.hanesfuneralservice.com

460 S. Driver Street, Durham, NC 27701

Offers funeral service, memorial service, burial, and cremation.

Holloway Memorial Funeral Home: 919-598-8496

hollowaymemorial.com

2502 Highway 55, Durham, NC 27713

24hrs, everyday (*phone*)

Offers a full line of quality funeral services.

Hudson Funeral Home Inc.: 919-596-8269

www.hudsonfuneralhome.com

211 S. Miami Boulevard, Durham, NC 27703

24hrs, everyday (*phone*)

Offers distinctive, personal, and affordable services.

Quality Mortuary Service, Inc.: 919-598-1416

24hrs, everyday (*phone*)

448 S. Driver Street, Durham, NC 27702

Provides customized funeral services designed to meet the needs of every family.

Scarborough & Hargett Celebration of Life Center: 919-682-1171

www.scarboroughandhargettfh.com Email: Scarboroughandhargettinc@yahoo.com

309 North Queen Street, Durham, NC 27701

Provides funeral services and veteran services.



Thank you!

Durham Center for Senior Life is a, non-profit 501(c)(3) organization that serves older adults and caregivers each year through programs designed to assist them to stay independent and healthy in their homes.

Each year DCSL is able to distribute directories throughout Durham at no charge.

Please consider partnering with us to enhance the lives of Durham seniors by donating to DCSL. **To learn more about DCSL and to make a secure online donation, please visit our website at www.dcslnc.org.**

If you would like to attend one of our weekly scheduled tours, or schedule a tour for yourself or a group, please contact the agency using contact information listed below.

On behalf of the Durham Center for Senior Life, as well as our participants and their families, we thank you in advance for your generous support. We could not do our work without you.

406 Rigsbee Avenue, Suite 202

Durham, NC 27701

Email: info@dcslnc.org

Website: www.dcslnc.org

Phone: 919-688-8247

Fax: 919-683-3406